

Tips for being assertive



- I have the right to defend myself!
- I trust my feelings.
- I can sense my personal boundaries.
- I am serious when I set my boundaries.
- I stand firmly on the ground.
- I make myself as big as possible!
- I say **NO!** or **STOP!** loudly and clearly.
- Fear can warn me of danger.
- I breathe out and decide what I am going to do.
- I make it clear in my mind: I determine the situation.
- My aim is: I will get **THROUGH** the unpleasant situation.
- I get help when I do not know what to do next.

