

EXERCISE: ASSERTIVENESS IS IMPORTANT

1. PICK FOUR OF YOUR FAVOURITE RIGHTS FROM THE LIST OF ASSERTIVE RIGHTS.

Think about why they are important to you. The list of assertive rights is below.

1. _____
2. _____
3. _____
4. _____

2. WHICH THINGS HAVE BEEN KEEPING/KEEP ME FROM EXERCISING MY OWN RIGHTS?

3. WHICH THINGS HELP/HAVE HELPED ME PROMOTE MY OWN RIGHTS?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above. The box occupies most of the page's vertical space below the question.

THE LIST OF ASSERTIVE RIGHTS

- I have the right to judge my own behaviours, thoughts, and emotions, and to take responsibility for them and their consequences.
- I don't have to explain my behavior.
- I have the right to judge if I'm responsible for finding solutions to other people's problems.
- I have the right to change your mind.
- I have the right to make mistakes and be responsible for them.
- I have the right to say "I don't know."
- I have the right to be illogical in making decisions.
- I have the right to say "I don't understand."
- I have the right to say "I don't care."
- I have the right to defend myself even when it hurts someone else's feelings when I'm defending myself and not attacking.
- I have the right to always ask someone for something, as long as I understand that they have the right to decline.
- I have the right to express my needs, even when the other person
 - thinks that my needs are baseless or inconsistent.
 - doesn't want to hear about them.
 - gets offended or agitated when hearing them.
 - or when I think I shouldn't have those needs.
- I have the right to judge whether someone's request is reasonable.
- I have the right to say "no" without feeling guilty.
- I have the right to say "no" even when
 - the person asking insists I say yes
 - the person is my manager or an authority
 - the person is mentally unstable
- I have the right to express how someone's words or actions affect my feelings.