

Are You Assertive Enough?



A lot of people confuse being assertive with being aggressive. But the truth is that assertiveness and aggressiveness are completely different behaviors.

According to Personnel Magazine, if you're being assertive, you're merely doing yourself the favor of standing up for yourself, or putting your views out there, tackling difficult issues or stopping other people from taking advantage of you. But being aggressive is more akin to being bossy or overbearing. And that's a big difference.

So, if you know you have issues with being assertive, it's likely that you're going to have to take a look at your more passive side. You can do that by asking questions like these:

- Do you feel that your opinions often go unheard?**
- Do you have a problem saying no when you are "feeling no"?**
- Do you find yourself being too submissive to your boss?**
- Do you find it difficult to set limits with others?**

If you're answering yes to these questions, you'll also need to look a little more closely at some specific behaviors and ask yourself what nonassertive behaviors you need to change. Then you should rehearse what you are going to say when you are feeling confident and ready. Get a friend or someone you trust to practice with. Then try it in real life when you think you have a good scenario and the opportunity presents itself. When you do this it is very important to be in control of your emotions. Don't become aggressive or attacking. Then after it's over, assess your performance. And don't be too hard on yourself if you didn't get everything just right. You will need time and practice to develop the steady skills that will carry you through difficult situations.