

Title:

Going For A Win-Win Result - A Guide To Being Assertive

Word Count:

726

Summary:

"The basic difference between being assertive and being aggressive is how our words and behavior

Sharon Anthony Bower

It is interesting that many people still confuse being assertive with being aggressive. How ab

Assertiveness is a behavi...

Keywords:

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Article Body:

"The basic difference between being assertive and being aggressive is how our words and behavior

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It is interesting that many people still confuse being assertive with being aggressive. How ab

Assertiveness is a behavior or skill that helps you to communicate, clearly and with confidence

Is there an issue that needs to be resolved? Before confronting someone, why not write down wh

Are you behaving passively? Do you think it is selfish to say what you want? Do you worry that

Feeling aggressive? Take it out in the gym, on a punch ball or on the running track rather tha

One of the great skills of an assertive person is the ability to say ^no~. Be brief and to the

Practice the body movements of an assertive person. When standing, be upright and relaxed with

Show a willingness to explore other solutions than your own if necessary. Encourage creativity

Weigh the costs. Telling other people how you feel also makes it easier for them to communicat

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