

Assertiveness Background

Our upbringing, our environment, and the relationships we have formed, shapes our degree of assertiveness. We can gain a more complete understanding of why we react as we do by considering some of these factors.

Use the boxes below to help you review what affects your degree of assertiveness in present-day situations.

Consider the following questions (modified from Paterson, 2000):

Do you think you were raised to be passive, aggressive, or assertive?	
Who encouraged you to adopt a non-assertive style?	
In the present, is there anyone discouraging you from being assertive?	
Do you still believe you should not be assertive? If so, why? What are the reasons?	

Consider whether your upbringing or people in your life at present should impact whether or not you adopt an assertive outlook in the right situations.

Reflect on whether these beliefs are negatively affecting how you react to events now.

References

- Paterson, R. J. (2000). *The assertiveness workbook: how to express your ideas and stand up for yourself at work and in relationships*. New Harbinger Publications.