

## Assertiveness Beliefs

Along with our relationships and our environment, beliefs can significantly impact our degree of assertiveness.

Use the questions in the boxes below to understand the impact of your beliefs on how you respond to particular situations.

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

### What beliefs do you hold that support being passive?:

Such as,

Assertiveness means always getting your way;

Being passive means I am more likely to be loved.

### What beliefs do you hold that support being aggressive?:

Such as,

If I'm not aggressive, I will get walked over;

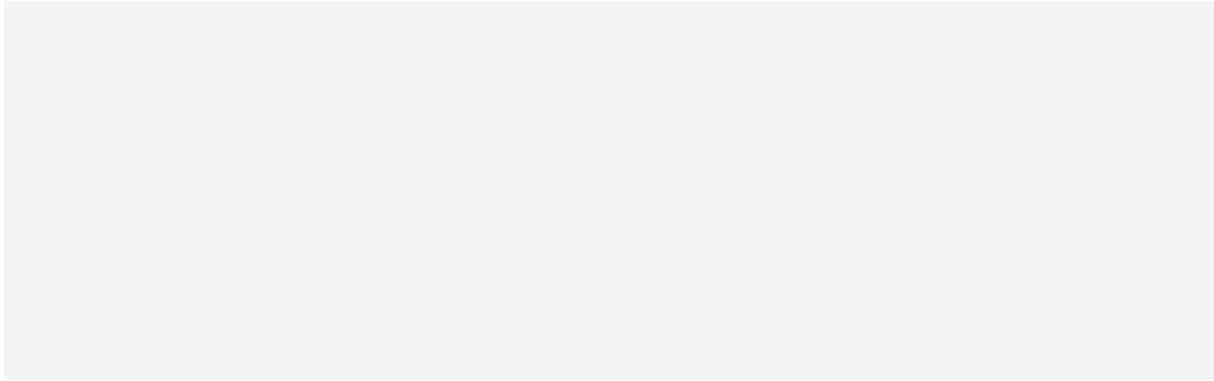
If I'm not aggressive, nothing will get done.

**What beliefs do you hold about being assertive?:**

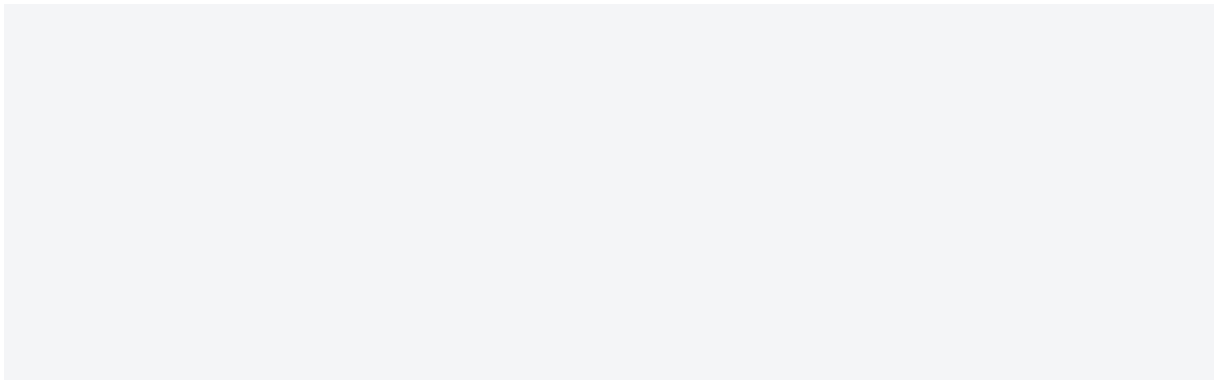
Such as,

I should not have to ask people to be more considerate;

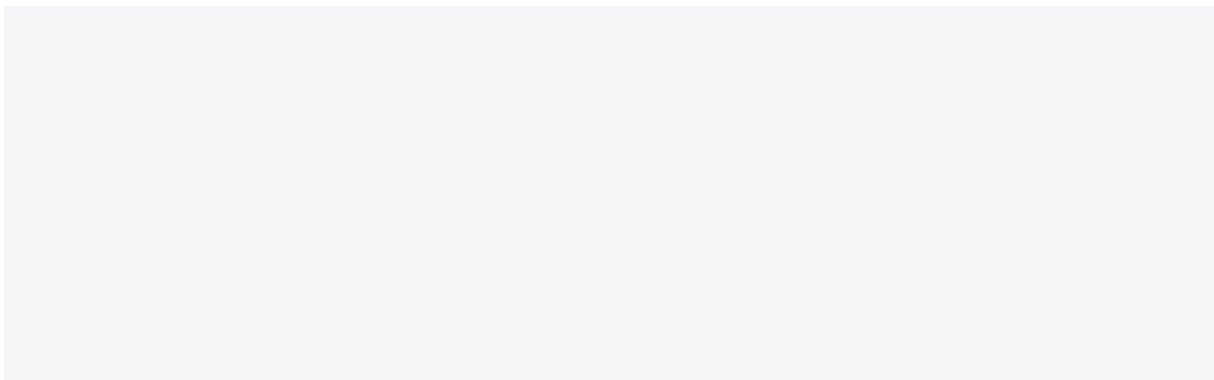
I am afraid of failing to be assertive.



**Which of these beliefs are holding you back from being more assertive more often?**



**What could you say to yourself next time you start to think this way?**



Restrictive beliefs may stop you from being assertive. You can weaken their grip by repeating a revised belief, such as *I deserve to say how I feel and ask for what I want.*

## 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.

Dr. Jeremy Sutton