

Replace Unhelpful Thoughts for Assertiveness

We often say 'yes' to prove our worth and we agree to something that we want to refuse because of thoughts and beliefs we learn as we grow up (Shaw, 2020).

This worksheet identifies unhelpful thoughts and considers replacing them with ones more conducive to assertiveness (modified from Shaw, 2020).

| Question | Answer |
|---|--------|
| Describe a situation where you were unable to say no to a request. | |
| What were your thoughts, beliefs, and feelings that led you to say 'yes'? | |

Consider the following thoughts and opinions:

- While others have the right to ask for something, I have the right to refuse.
- Saying "no" is about refusing the request, not the person.
- Saying "yes" to one thing can be saying "no" to another. I always have a choice.
- If I am open about my feelings, then I am freeing the other person to share their feelings
- Saying "no" doesn't mean the other person can't ask for something in the future.

In future similar situations, could you replace your thoughts with these?

| Question | Answer |
|--|--------|
| What would have happened if I had replaced my thoughts with those (or similar ones above) and said "no"? | |

Putting in place beliefs and thoughts that support assertiveness can make saying "no" easier.

References

- Shaw, G. (2020). *Alpha Assertiveness Guide for Men and Women: The Workbook for Training Assertive Behavior and Communication Skills to Live Bold, Command Respect and Gain Confidence at Work and in Relationships* [Kindle DX version]. Retrieved from <https://www.amazon.com/Alpha-Assertiveness-Guide-Women-Communication/dp/1647800455/>

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