



# The Rules of Assertiveness

Ei4Change

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1. Respect yourself
2. Recognise your needs as an individual (rather than your role)
3. Make clear 'I' statements about feelings and thoughts
4. Allow yourself to make mistakes
5. Ask for what you want
6. Change your mind – if you choose to
7. Ask for thinking time
8. Enjoy your success
9. Recognise that you are not responsible for the behaviour of other adults
10. Respect other people


*Work through the rules one by one and answer the following questions.*

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*How much do you believe these rules?*



*How do you work with these rules currently?*



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*In what areas of your work can you change your level of assertion?*




*How can you do this?*



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