

# THE 12 RULES OF ASSERTIVENESS

## I have the right to:

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| <b>1 RESPECT MYSELF</b>  | – who I am and what I do  |
| <b>2 RECOGNISE MY OWN NEEDS AS AN INDIVIDUAL</b>                               | – separate from what's expected of me as a mother, daughter, wife, partner  |
| <b>3 MAKE CLEAR 'I' STATEMENTS ABOUT HOW I FEEL AND WHAT I THINK</b>           | – for example 'I feel uncomfortable with your decision'   |
| <b>4 ALLOW MYSELF TO MAKE MISTAKES</b>   | – it's normal   |
| <b>5 CHANGE MY MIND</b>  | if I choose to  |
| <b>6 ASK FOR 'THINKING ABOUT IT' TIME</b>                                      | – when people ask you to do something, you have the right to say 'I'd like to think it over. I'll let you know by the end of the week.' |
| <b>7 ALLOW MYSELF TO ENJOY MY SUCCESSES</b>                                    | – being pleased with what I've done and sharing it with others  |
| <b>8 ASK FOR WHAT I WANT,</b>  | rather than hoping someone will notice what I want  |
| <b>9 RECOGNISE THAT I AM NOT RESPONSIBLE FOR THE BEHAVIOUR OF OTHER ADULTS</b> | or for pleasing other adults all the time   |
| <b>10 RESPECT OTHER PEOPLE</b>   | and their right to be assertive and expect the same in return   |
| <b>11 SAY 'I DON'T UNDERSTAND'</b>   | so you make sure you work out what is happening   |
| <b>12 DEAL WITH OTHERS</b>   | without depending on them for approval  |

