



**Assertiveness: How to be Assertive, Stop Being a Pushover, Gain Respect and Stand Up For Yourself, With Effective & Assertive Communication Skills (Effective ... With Controlling & Aggressive People)**

*Henry Good*

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### **Assertiveness Training - Developing Assertive Communication Skills**

You have probably stumbled upon this book because you've always found yourself unable to express your ideas or fulfill your needs. Whether you are at the office or at home, you've always found yourself taking the role of the pushover. You've allowed others to have their way so they could be happy, they would find you nice or that you could avoid conflict. But this time, you think that you've had enough and that it's time you stand up for your needs. Becoming assertive is not easy and this book aims to walk you through the first steps in becoming assertive. No, this book will not transform you into an assertive person. Rather, this book will discuss what you need to know about being assertive. What is assertiveness? How do you assert yourself without being aggressive? How do you confront others and stand up for your needs or beliefs, but still gain the respect of your family, co-worker or your boss? This book will give you specific discussions and, what you do with it afterwards is up to you.

### **This Book Will Help You Be Assertive and Gain Respect From Others**

#### **Here are Some Things You Will Learn From This Book:**

- What Defines an Assertive Person?
- What Skills You Need to be Assertive
- Tips to Start Being Assertive Quickly
- How to Deal With Pushy People
- How to Stand Up For Yourself
- How to Be Assertive Without Being Rude
- How to Stop Being a Pushover
- How to Be Self-Confident
- How to Effectively Communicate Assertiveness
- How to Set Boundaries
- How to Be Assertive Starting Today!!

An assertive person listens to the needs of others to work a balance between respecting those needs and standing up for one's own needs. The ability to listen, whether you are the boss, employee, coworker or just a customer, allows you to look beyond your own needs. And when you are ready to stand up for your needs, this is where effective communication-the ability to say what you need or want without raising your voice, being angry or getting into conflict with those around you, comes into the picture.

Assertive people live to fulfill their needs and defend their rights, and who wouldn't want that? So here you

are, taking the first steps to becoming assertive. You might have asserted your needs in a few situations before but then you've also experienced those situations when it was easier to just allow someone to push you back, again. Assertiveness is not a button you can push on and then back off again whenever you please. You have to commit to it and practice until you are confident with your ability to stand up for yourself.

### **Start Your Assertiveness Training & Start Using Effective Communication Skills!**

Assertiveness is a very useful skill set especially when you've constantly found yourself being pushed over to the point of allowing your needs to go unfulfilled and your rights violated. Developing it is not easy; it takes a deeper understanding of what assertiveness is. You also have to keep in mind that the key to achieving it is a balance between your needs and the needs and respect of the people around you. It takes time to find this balance, and there are skills and qualities that you need to master. But before these, you need to prepare yourself. Is there anything holding you back? How do you break away from old cycles so you can start practicing assertiveness? Prepare yourself, have all the right tools. As they say, "Never go into battle unarmed". Expect failure and mistakes, and don't let them discourage you, motivate yourself.

### **Stop Being a Pushover and Learn How to Stand Up For Yourself Today!**

Tags: assertiveness, effective communication skills, stop being a pushover, social skills, people skills, how to talk to people, assert yourself, dealing with pushy people, gain respect, dealing with controlling people

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#### **Michael Clark:**

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