



Change perspective:

We think of what people will think of us, what you should think is do I like the person I am indirectly caring about. Be direct

What's going for you:

We always focus on our negative points and this causes lack of self-confidence. There is plenty that everyone has going well for them. Just find them and focus of them. It's constructive.

Figure out your own thoughts and opinions:

Know what you want, what you think. People will aspire to be you as you always give the feeling you are focussed and have strong personality in a positive way.

Use "I" language:

e.g. "I want ...", these sentences are more direct, confident and less likely to show a character that is uncertain.

Be honest:

Admit to yourself that you are being assertive for your own benefit

Clarity:

Be direct and specific.

Active verbs:

When expressing what you want use direct verbs it is harder for the other person to say no e.g. "Will you please..." instead of "Would you please..."

Compromise:

By being assertive your not becoming dominant so you should always consider opposite points of view.

Stay calm:

You have to put across the persona that you aren't easily intimidated. Show power.

Negative enquiry:

Be mature enough to accept your faults/flaws. By knowing your weakness you become stronger, as if others criticise you it wont hurt and you will be able to retaliate and show strength.

Body language:

Eye contact and body posture are a must. You need to fully communicate that you're not going to be taken for a ride. But don't over do it.