



WELL-BEING

Column

Assert yourself to regain control of your life

We often say that some people communicate spontaneously, that they are never at a loss for words, while others think for a long time before speaking, often for fear of bothering people or from a lack of self-confidence.

The purpose of assertiveness is not necessarily getting what we want at the expense of others, contrary to the wide-spread misconceptions about the issue. The goal of this exercise is to finally be able to clearly express yourself while respecting both the sensitivity and convictions of your conversation partners. To achieve this, good self-esteem and a positive, compassionate attitude towards yourself and others should be cultivated.

What is your interaction profile with others?

Passiveness

You think that your emotions and opinions are less important than those expressed by others. You may also have negative beliefs about yourself (with regard to your values/abilities) or about others (they hurt you or do not respect you). Consequently, you may feel some frustration towards them because you think that they are imposing various requirements on you. In this case, if you do not express your needs, there is less of a chance that they will be met.

Aggressiveness

You think you are better than others and have a tendency not to respect or consider their expectations or feelings. Most of the time, your own needs are met in the short run and you may sometimes feel guilty for being aggressive towards others. This type of interaction might not give you what you want in the long run.

Assertiveness

You consider others with as much leniency and value as you do yourself. You have no trouble expressing your needs and feelings clearly. When you make decisions, you take full responsibility for the consequences. Disagreeing with those around you does not prevent you from showing them respect. You notice that assertiveness provides you with a very welcome flexibility and open-mindedness.

Develop your assertiveness on a daily basis

- 1) First, it is important to choose situations/people who will give you the latitude you need to assert yourself properly.
- 2) Identify what you want to change by taking time to consider each context independently (at home, at work, with your boss, with a colleague).
- 3) Determine your needs and feelings specific to each particular situation and express yourself with one or two clear sentences.
- 4) Speak for yourself as much as possible ("I" messages) and avoid placing blame.
- 5) Dare to say "no" yet acknowledging the other person's needs and/or suggesting ways that he can resolve his problems.
- 6) If you are criticized, you may acknowledge your mistake, apologize and ask for an explanation on how to remedy the situation. If you think you are being wrongly accused, ask for clarification and try to find out what is bothering the other person.
- 7) Evaluate your satisfaction with your effort at assertiveness and try again through a different situation.

Conclusion

Being assertive means being independent, taking care of yourself, being able to say "no", being responsible for your choices, allowing yourself to make mistakes and accepting help without feeling guilty. The support services offer you additional help and active listening. Feel free to ask about it! Finally, assertiveness is nothing more than taking control of yourself and your life!