

ASSERTIVE BELIEFS

1. I am under no obligation to say “YES” to people simply because they ask a favor of me.
2. There is no rule that says that other peoples’ opinions are more valid than mine.
3. If I say “NO” to someone & they get upset that does not mean that I should have said “YES”.
4. I have the right to assert myself as long as I am respectful of others, even if I might inconvenience them.
5. The fact that other people might not be assertive does not mean that I shouldn’t be.
6. If someone doesn’t give me what I ask for or want, it doesn’t mean it was a failure to ask or that I’m unimportant.
7. I can still feel good about myself even though someone else disagrees or is disappointed with me when I am assertive.
8. Standing up for myself over “small things” can be just as important to me as the “big things” are to others.
9. The fact that I say “NO” to someone does not make me a selfish person.
10. If someone doesn’t do something I ask them to do, it doesn’t mean that I shouldn’t have asked them in the first place.
11. I have the right to disagree with other people even though they feel strongly about their own opinion.
12. Just because I have already agreed to do something doesn’t mean that I can’t change my mind.
13. Saying “NO” to a friend probably won’t make them dislike me forever if they are a true friend.
14. Other people DON’T have magical abilities (mind-reading) to know what I want if I don’t tell them.
15. I may have to please people I care about, but I don’t have to please them all of the time.
16. Giving, giving, & giving is not the be-all & end-all of life. I am an important person in this world also.
17. If I refuse to do a favor for someone, that doesn’t mean I don’t like them. They will probably understand that.
18. I do not have to make myself responsible for solving other people’s problems or for making them happy.