

## THE IMPORTANCE OF ASSERTIVENESS

The word "assertiveness" is derived from the Latin *asserere*, which means establishing *assertum*. Assertiveness means own statement personality confidence esteem, aplomb faith joyful triumph justice and truth, vitality thriving, secure communication efficient

Yet the concept assertiveness evolved whereas assertive behavior means those interpersonal behaviors execution involves some social risk ie possible occurrence some negative in term social assessment immediately and rejection. Moreover, lack assertiveness depending culture can even be valued by groups belonging, coast the person fails social goals.

Therefore assertive behavior is that which allows person express adequately (without mediate cognitive distortions or anxiety and combined components verbal nonverbal most effectively possible) opposition (say no express disagreement, make and receive critical defend rights and express generally negative feelings) and affection (dar and receive praise positive vibes generally) according with its purposes respecting right others e trying reach meta proposal leading to fret the second dimension is but consequence the act. A third response that ignores neither the first nor the second and tends to be without meditation becomes so violent attacker.

Renny Yagosesky, meanwhile, defines as an expression shape conscious congruent clear direct and balanced, purpose is communicate our ideas and feelings or defend our legitimate rights without intending injure, acting from a inner state confidence instead of emotionality limiting typical anxiety, guilt or rabies. Poses also assertiveness necessary and convenient because benefits generates among highlighting following

- Favours enormously confidence expressive capacity.
- Power of positive self-image as it increases the sense of personal efficacy.
- Generates emotional wellbeing.
- Improves social image since promotes respect others.
- Promotes the negotiations and the achievement of objectives that depend on communication in general.

Assertiveness is an intermediate attitude between passive or inhibited and another attitude aggressive against others besides reflected in spoken manifests language nonverbal as in posturally gestures or body gestures , in facial expression and voice. Someone assertive usually tolerant accepts errors proposes achievable solutions without anger, lies confident and slows peacefully people that attack verbally.

Assertiveness prevents we manipulated down elsewhere any aspect and is decisive in conservation and increased our esteem and assessing and respect others reciprocally.

psychology-online.com notes that one reason why people is bit assertive is because think not entitled their beliefs, rights or opinions. In this sense assertive training not consists converting people submissive to quejona and accusatory but teach people entitled defend their rights before situations undoubtedly unfair. De therefore important expose a series misconceptions and's right person is violated:

- \* No interrupt ever people. Interrupting is rude.
- You have the right to interrupt the speaker to ask for an explanation.
- \* Problems one not interested anyone more rather must them wasting time listening.
- You entitled for help or emotional support.
- \* Must suit others if not possible risk losing friendship.
- You entitled to say NO.
- \* When someone has a problem there to help him.
- You have the right to decide when to provide assistance to others and when not.

Cases in it inadvisable defend our rights right now are those where run danger physical or violate legality (ej. "Skin-heads" we insult by street or superior arrest us army .) Remember: for everything there a moment and know find right time to say things is also skill

Finally consider that manualpractico.com indicates regarding decalogue assertiveness where, Whatever your life situation These principles auxiliary for assertive.

1. Manifest both yourself as appropriate to circumstances and individuals.
2. Strive express all feelings, whether anger or tenderness.
3. Examine your behavior and determine the areas where you would like to become more assertive. Pay attention more on what you can learn to do differently, than how could change the world.
4. Not confuse assault assertiveness. Aggressiveness is action against others. Assertiveness is confront appropriately problems itself.
5. Note that can not be assertive in one area and another self assertive. Apply deficient areas same techniques uses successfully others.
6. Act in ways that enhance their self esteem and self-respect. Practice be assertive even things look trivial. If can say "queue" a woman opportunist supermarket also may tell spouse: "No I want for do that me not touches do."
7. Not confuse manipulative behavior with assertiveness true. Order of "Training assertive" is take deepen experience and expression of humanity not become a scammer nor a hoarder.
8. Act. Perform. Can always find fifty reasons Non do things and thus become eventually very adept created empty lives. If change their actions very probably change feelings.


9. Understand assertiveness is a process not permanent status. As you change, evolve life situations and will face new challenges and need new skills.

10. Think always a proper way express their messages, anyone they be. Exercise it, and want time to think before speaking.

Source: [www.camova.com](http://www.camova.com). Adaptation: Victoria Andrea Muñoz Serra.

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## REFERENCE OF THIS TEXT

 *The Importance Of Assertiveness*, Muñoz Serra, Victoria Andrea, website: Victoria Andrea Muñoz Serra ([http://www.victoria-andrea-munoz-serra.com/coaching\\_integral\\_ingles.html](http://www.victoria-andrea-munoz-serra.com/coaching_integral_ingles.html)), Concepción, Chile, March 2012.