

Download The Assertiveness Workbook How To Express Your Ideas And Stand Up For Yourself At Work And In Relationships

Assertiveness Is About More Than Communication “To know oneself, one should assert oneself.” — Albert Camus. While assertive communication is the most common form of assertiveness, it’s important to know that assertiveness is bigger than a style of communication and speech. Assertiveness is the quality of being self-assured and confident without being aggressive. In the field of psychology and psychotherapy, it is a learnable skill and mode of communication. Related Books. Managing Assertively: How to Improve Your People Skills: A Self-Teaching Guide, 2nd Edition. The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships Building good relationships with other people can greatly reduce stress and anxiety in your life. In fact, improving your social support is linked to better mental health in general, since having good friends can act as a “buffer” for feelings of anxiety and low mood.