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ASSERTIVENESS SKILLS: A GUIDE TO POSITIVELY SUCCESSFUL ...

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Assertiveness Training Worksheets, Assertive behaviors are those which enable an individual to act in their own best interests, to stand up for themselves without undue anxiety, to express honest feelings comfortable, or to exercise their own rights without denying the rights of others (paraphrased from Albert & Emmons, 1974).

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The Real Solution Assertiveness Workbook emphasizes the building of assertiveness skills, using model presentation, rehearsal, positive feedback, prompting, and homework assignments. The Assertiveness Workbook **ASSERTIVE COMMUNICATION** - sphe.ie Assertiveness training is essentially training in communication and social skills. It teaches a way of It teaches a way of behaving that aims to achieve a win-win situation in interpersonal relationships.

Chapter 7. Assertiveness Skills - Stanford Medicine

65 Chapter 7. Assertiveness Skills Speaking up for one's needs, or being assertive, can be very difficult when people feel depressed or anxious.

The Assertiveness Workbook - Randy Paterson

The Assertiveness Workbook: How to express your ideas and stand up for yourself at work and in relationships Randy Paterson, Ph.D. Published in 2000 by New Harbinger Publications, this large-format workbook considers two primary questions: "What holds us back

from being assertive?" and "What are the specific skills required for effective assertive communication?" This section of the site provides an excerpt from the book, the text of a review, and downloadable versions of several of the

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Assertiveness - An Introduction | SkillsYouNeed

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About the facilitator:

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Susan Belford is the administrative director for Dialogue and Resolutions Services. She holds a Master of Arts Degree in Conflict