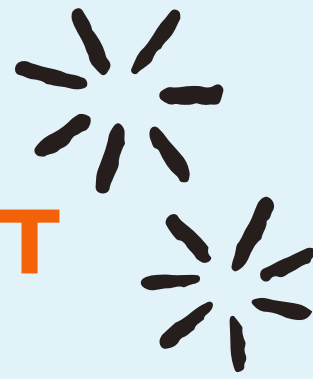


REFRESH & REFLECT



Be Assertive to Build Resilience

10 mins

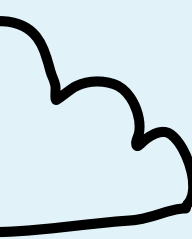




What connects Assertiveness with Resilience?

In social interactions, our responses are shaped by our beliefs and emotions, and we can respond by being passive, aggressive, passive-aggressive, or assertive.

Sometimes, we name aggression as assertiveness to avoid conflict, or we choose to sidestep aggression, allowing the behaviour to persist. This is being passive.



Assertiveness is confidently expressing our thoughts, feelings, and beliefs while honouring the rights of others to express theirs. These rights, and responsibilities are crucial for cultivating healthy and mutually beneficial relationships.

Resilient people do not go it alone; they build a strong support system and surround themselves with people who uplift and encourage them on their journey.

Enhanced Confidence

When we are assertive, it empowers us to speak up for ourselves, have confidence in our ideas, and pursue our goals with conviction.

By asserting ourselves, we send a message to the world that our voice matters, which in turn increases our self-esteem and belief in our capabilities.

This builds resilience as when our self-confidence and motivation increases, it helps us define and achieve our purpose in life.

How comfortable do I feel asserting myself in various aspects of my life, such as at work, in personal relationships, or in social settings?

02

Alignment with our Values

Being authentic means that we are clear about our values and what we stand for. It is also clear to others.

Embracing assertiveness involves conscious alignment of our feelings, behaviour, and actions with our values. We stand by them without compromise to maintain our integrity.

Composure is key to resilience as alignment with our values helps us navigate our emotions so that we can respond appropriately vs just react.

Reflecting on past situations, how often do I leverage my values to help me navigate emotionally challenging situations?

What positive impact does it have?

03




Healthy Boundaries



Assertiveness helps us establish and maintain healthy boundaries with others.

By clearly communicating our limits, expectations, while respecting those of others, we can create mutual respect and help others know where we stand.

Boundaries are key to resilience as they help us prevent burnout, stress, and overwhelm which if ignored, can impact our health overtime.



How well am I looking after myself?
And where are there opportunities
to set boundaries?

With Rights, Come Responsibilities

Embracing assertiveness means we recognise our rights. Such as: “I have the right to be treated with dignity and respect and I take responsibility to treat others with dignity and respect.”

Other assertive beliefs include “I have needs and so do others”, “I have good intentions and so do others”, “I have value and so do others.”

In essence, being assertive means standing up for your own rights while not violating the rights of others.

How mutually beneficial are my relationships currently? What steps could I take to improve them?

REFRESH & REFLECT



Be Assertive to Build Resilience

