

# 6 STEPS ASSERTIVENESS SKILLS TRAINING

## Step 1

### Understand assertiveness

Differentiation between non-assertiveness, passive-aggressiveness, aggressiveness and assertiveness



## Step 2

### Self-awareness

Understands your own character, feelings, values, motives, and desires. Your communication style.



## Step 3

### Communication

Learn what is socially appropriate behaviors for self-expression of feelings, attitudes, wishes, opinions, and rights.



## Step 6

### Real life practice

Extend your new skills into real life situations outside of therapy/training, and report your progress.



## Step 5

### Practice session

Modeling, behavior rehearsal, systematic feedback and coaching, Homework assignments.



## Step 4

### Skills training

Specific verbal and nonverbal behaviors, Anxiety reduction, Cognitive restructuring.



# Assertiveness Training

**H Kauffman**



## **Assertiveness Training:**

Fuel your quest for knowledge with Learn from is thought-provoking masterpiece, Explore **Assertiveness Training** . This educational ebook, conveniently sized in PDF ( \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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