

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

**John Sommers-Flanagan, Rita
Sommers-Flanagan**



Assertiveness Training:

The book delves into Assertiveness Training. Assertiveness Training is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Assertiveness Training, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Assertiveness Training
 - Chapter 2: Essential Elements of Assertiveness Training
 - Chapter 3: Assertiveness Training in Everyday Life
 - Chapter 4: Assertiveness Training in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Assertiveness Training. This chapter will explore what Assertiveness Training is, why Assertiveness Training is vital, and how to effectively learn about Assertiveness Training.
3. In chapter 2, the author will delve into the foundational concepts of Assertiveness Training. The second chapter will elucidate the essential principles that must be understood to grasp Assertiveness Training in its entirety.
4. In chapter 3, the author will examine the practical applications of Assertiveness Training in daily life. This chapter will showcase real-world examples of how Assertiveness Training can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Assertiveness Training in specific contexts. This chapter will explore how Assertiveness Training is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Assertiveness Training. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Assertiveness Training.

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