

Let's Talk: Assertive communication

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Hi, my name is Katie. Today let's talk about assertive communication.

First off, what is assertiveness? Assertiveness is communicating your needs while respecting the needs of others. So how is assertive communication different from other types of communication? On the one hand, you have passive communication. Passive communication sacrifices your needs while supporting the needs of others. On the flip side, you have aggressive communication. It's just the opposite. Aggressive communication supports your needs while disregarding the needs of others.

Benefits of being assertive

So let's talk about some of the benefits of assertiveness. First off, it helps you to get what you want. It helps you to build and maintain healthy relationships. It also helps you to defend your rights. It helps you to maintain your self-respect, as well as earn the respect of other people. Another thing is that it provides clear communication in your relationships.

Tips to improve your communication style

So here are some tips for how to be more assertive. The first thing is to know your current communication style. If you're aware of how you currently communicate, then you can change and make adjustments accordingly. Another thing is don't be afraid to say no when necessary. Also, if you are planning to have a tough conversation, go ahead and prepare ahead of time. Do what you need to do to be ready for that conversation. Be aware of your body language. Make sure your body language matches your assertive words.

"I" statements

Another suggestion when it comes to practicing assertive communication is to use what's called "I" statements. Starting statements with you can sound like blaming and can automatically put the other person on the defensive. Using "I" statements on the other hand lets others know what you're thinking and feeling. So, for example, "I feel blank when you blank." Or an actual example, "I feel angry when you shout at me."

Improved communication for better conversations

When it comes to assertive communication, practice makes perfect. Use assertiveness in easier, low-risk situations. Start small and go from there.

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