

## What is Appropriate Assertiveness Behavior

### Session 7 Handout

#### **Aggressive Behavior**

You express your own rights at the expense of others through inappropriate threats, outbursts, or hostility.

Aggressive behavior may lead you to feel angry, indignant, and/or guilty. It may also keep you at a distance from others. Others may avoid you. Conversely you may use this strategy to avoid others.

#### **Non-Assertive Behavior**

You ignore or do not express your own rights, needs, and desires.

Non-assertive behavior may lead you to feel hurt, anxious, angry and/or disappointed in yourself. You feel overly dependent on the other person or that they are too dependent on you.

#### **Assertive Behavior**

You express your own rights and needs/wants. You stand up for your legitimate rights in a way that does not violate the rights of others.

Assertive behavior may lead you to feel confident, self-respecting, and good about yourself. You feel a strong sense of individual identity but also at the same time a mutual support of goals and needs.

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