

A Guide To Assertiveness Training

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The term 'assertiveness' is often misunderstood. Consequently, to understand the concept and purpose of assertiveness training, it is important to understand what assertiveness is not. Assertiveness training does not teach the student to be aggressive, loud, or bullying, although it may well help them to stand up to those who are. Assertiveness is not about trying to dominate others: it is a more a matter of resisting those who seek to dominate and manipulate you. If well taught, assertiveness training can help the student recognise when they are being abused or manoeuvred for someone else's benefit, and how to resist such treatment effectively without becoming angry and aggressive. It emphasises the value of clear, calm, frank communication as a means of establishing relationships, in which everyone knows where they stand and no-one feels ill-used.

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