

ASSERTIVENESS

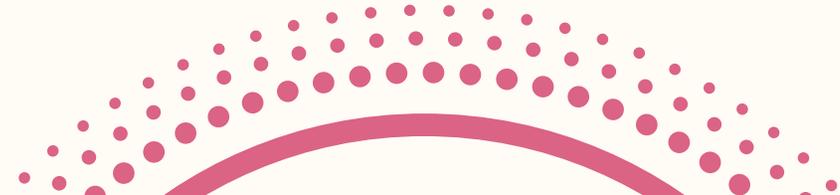
Assertiveness and self-confidence help a person express his thoughts, beliefs and wishes without violating the rights of others. The individual can express his feelings and thoughts directly and honestly to the others. Assertiveness does not require aggression. Unlike assertiveness, aggression is getting what you want by ignoring and disregarding the rights of others.

What are your rights?

It is important to be aware of your rights. If you are not aware of your rights, you may be passive in the face of some events and situations in your life.

Some of the rights you have are:

- The right to determine your own life: How you direct your life is your decision. This right includes trying to achieve your own goals and setting your own priorities.
- The right to claim your own values, beliefs, ideas and emotions: Whatever others may think, your values, beliefs, ideas and feelings belong to you and you have the right to respect yourself for owning them.

- The right to express yourself: You have the right to say “No”, “I don't know”, “I don't understand” or even “I don't care”. Before expressing your thoughts, you have the right to ask for time to organize them.
 - The right to establish and terminate a relationship: You have the right have relationships in which you can feel comfortable and express yourself honestly, as well as the right to change and end the relationship if your needs are not met.
 - The right not to reveal your behaviour and feelings to others.
 - The right to indicate how you would like others to treat you.
 - The right to seek information and assistance for your needs without feeling bad.
 - The right to change your mind and make mistakes.
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What does assertiveness bring to a person?

- Improves communication skills.
- Increases self-confidence.
- Provides self-satisfaction to person.
- It allows others to respect you.
- Improves your decision-making skills.

To improve the assertiveness skills;

- Before you start talking, think about what you want to say. You can try to find the best ways to express your opinions.
- Do not allow relatives, friends, acquaintances to impose some thought, idea or behaviour on you, unless you want to. Instead, you can explain what you want, think, and feel.

- Express your thoughts, feelings, opinions clearly, precisely and directly. For example; "I want to be alone right now. I need help with my homework. Can you help me at a convenient time? I don't agree with you."
- You can say "no" to requests that do not suit you. When refusing a request, offer or suggestion, try to explain why you are doing it. You don't have to hide behind false excuses to not to say "no".
- Pay attention to your body language (eye contact, posture, facial expression, tone of voice) while expressing yourself. Make sure your body language conveys the same message as what you said.
- You can check whether the other party has understood you correctly or not. "Can I express myself clearly, what did you understand from what I said?" Thus, you will prevent misunderstandings that may arise in communication. - Being determined does not mean being selfish. While doing all this, remember to respect the rights of others.

For more information
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