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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Assertiveness**

**By Sue Dyson**

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We hear it all the time, we've heard it growing up. You need to be assertive in order to achieve your goals. How important is it, really, to be assertive in your life? It can't possibly be that critical, can it? Well, the answers to these questions are 'very' and 'yes' and I'll tell you why.

Have you ever been in a situation, where someone is doing something you don't like but you don't bother to communicate this to them? It may seem so much easier to say nothing and hold your feelings in. Or it may seem like too much energy to expend.

Have you ever considered the effect this decision may have on the people involved? Are you aware of any feelings of resentment rising either immediately or later? I'll use an example situation of how this may play out in real life.

Monica finally made time to simply sit down and do nothing. She'd been running around all day without a break. As soon as she became comfortable, her friend Suzy dropped by with her rambunctious kids. Normally, Monica would be thrilled to see her friend. Today, after some trying personal events, all she really wanted and needed was some quiet, alone time.

Monica had three choices in this situation. She could be assertive and state her needs for time to herself. She could choose to remain consciously silent, that is, say nothing and observe her reactions, learning from them. Or she could choose to be unconsciously silent. And yes, making no choice is still a choice.

The problem with the last option, saying nothing and not examining your reaction for doing so, is resentment is bound to build within the relationship. Unless you take care of the energy this resentment creates it will always be there, buried deeper as time passes and this can have detrimental effects on our body, mind and spirit.

Our thoughts are energy. If energy is not expressed, it becomes repressed. It has to go somewhere. In energetic terms, it goes inside and will seek some other way to manifest. It's a force of Nature. When

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enough repressed energy builds, you may eventually be subjected to dis–ease within your body. This is basically what disease and illness are in our bodies – blocked, unreleased energies.

Referring back to our friend Monica for a moment, if she does not express her feelings to her friend Suzy, as in telling her, gently of course, that she needs time to herself, the energy created by her thoughts will become repressed. This can manifest as illness/disease or even a cold, depression, a bad mood. The energy needs to go somewhere.

Why do we say nothing, anyways? Is it ultimately beneficial to our progression?

We say nothing to avoid pain, to avoid a confrontation. We say nothing to avoid hurting a friends' feelings. We say nothing in a belief that it takes more energy to speak out. We say nothing in a

misguided effort to conserve our already depleted energy.

Carlos Castaneda said, "Whether we improve ourselves or stay the same, it takes the same amount of energy." Since neither option saves energy over the other, why not just do it?

We are each in control of our own lives. This privilege comes with a responsibility for our actions. To lead a successful life, we need to challenge ourselves. We need to continuously examine our lives and push our limitations.

We are the only ones who can break through our own limitations. It's our own work to do in this world. So by all means, say nothing, have the appearance of being nonassertive, however, if you choose this path, examine your motive, examine your method. Do everything in life on purpose.

Article by Sue Dyson, publisher of SuccessfulMama Ezine,dedicated to empowering women in the creation and pursuit oftheir personal goals. Sign up for SuccessfulMama Ezine today at:  
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### **Maintaining Your Assertiveness Rights**

**By Etienne A. Gibbs, MSW, Management Consultant and Trainer**

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When was the last time you took time to evaluate your God–given rights? When was the last time to put these rights to work for you? When was the last time you came out of a confrontation on the winning

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side because you knew your rights and were confident in stating them? Well, ponder these questions no more! Here for you to utilize and maintain is a listing of 18 of your God-given rights.

Make copies of them and post them in prominent places at home and at work where you can easily see them.

Because I am a Creature of my God, I have inherited rights that no one can take away from me. Because of my God's goodness and mercy, I love myself as I love others. Therefore, I can proudly say:

I have the right to enjoy myself.

I have the right to change my mind.

I have the right to ask for assistance.

I have the right to ask for affection.

I have the right to express my feelings.

I have the right to feel and express anger.

I have the right to be treated with dignity.

I have the right to question those in authority.

I have the right to learn and grow from my mistakes.

I have the right to choose when I shall assert myself.

I have the right to enjoy honest and open relationships.

I have the right to tell others what I will and will not do.

I have the right to be treated as an intelligent human being.

I have the right to refuse any request without feeling guilty.

I have the right to express myself without fear of retribution.

I have the right to respect others, as I would have them respect me.

I have the right to make mistakes without being made to feel guilty.

I have the right to say truly that I don't know or I don't understand.

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**Remember:** When you maximize your potential, everyone wins. When you don't, we all lose.

**Etienne A. Gibbs, MSW, Management Consultant and Trainer**, conducts seminars, lectures, and writes articles on his theme: "*... helping you maximize your potential.*" Reach him at

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, or at **502-386-1175**.

Maintaining Your Assertiveness Rights

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Being a Disciplined Home Business Boss

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