

Beliefs of an Assertive Philosophy

Assertion, rather than manipulation, submission, or hostility enriches life and ultimately leads to more satisfying personal relationships with others.

- By standing up for ourselves and letting ourselves be known to others, we gain self-respect and respect from others.
- By trying to live our lives in such a way that we never hurt anyone, under any circumstances, we end up hurting ourselves and others
- When we stand up for ourselves and express our honest feelings and thoughts in direct and appropriate ways everyone usually benefits Likewise, when we demean other people, we also demean ourselves and everyone involved usually loses in the process.
- By sacrificing our integrity and denying our personal feelings, relationships are usually damaged or prevented from developing. Likewise, personal relationships are hurt when we try to control others through hostility, intimidation, or guilt.
- Personal relationships become more authentic and satisfying when we share our honest reactions with other people, and do not block others sharing their reactions with us.
- Not allowing others to know what we think and feel is just as selfish as not attending to other people's thoughts and feelings.
- When we frequently sacrifice our rights we teach other people to take advantage of us.
- By being assertive and telling other people how their behavior affects us, we are giving them an opportunity to change their behavior and we are showing respect for their right to know where they stand with us.

Everyone is entitled to act assertively and to express honest thoughts, feelings, and beliefs.

- We all have the right to respect from other people
- We all have the right to have our needs and to see them as important as other people's needs. In fact, we have the right to ask (not demand) that other people respond to our needs and to decide whether we will take care of other's needs.
- We all have the right to our feelings and to express those feelings in ways which do not violate the dignity of other people (e.g., the right to feel tired, happy, depressed, sexy, angry, lonesome, silly).