

Przeczytaj fragment tekstu, a następnie wybierz poprawną odpowiedź lub odpowiedzi do każdego z pytań.

Being assertive involves standing up for our personal rights and expressing our thoughts, feelings and beliefs directly, honestly and spontaneously in a way that is respectful of the rights of other people. An assertive person evaluates a situation, decides how to act, and responds without undue anxiety or guilt. They respect themselves and other people and take responsibility for their actions and decisions. They are aware of what they want and ask for it in an open and direct manner. If refused, they feel appropriately disappointed but they do not suffer a blow to their self-esteem.

1. It is typical of an assertive person to

- a) speak of their needs and beliefs in a convincing and determined way.
- b) show anger and irritation if one's views are confronted unfavourably.
- c) exercise their freedom of speech without causing harm or abuse toward other people.

Assertive behaviour is based on the belief that the person has the same rights, responsibilities and personal self-worth as other people. Assertive rights are those rights and expectations that any human being has by virtue of their existence. The important thing to remember is that everybody has these rights. It's all too easy for us to forget that we have these rights and that makes it even more difficult to stand up and fight for them. The more aware we are of the rights we have, the more confident we will be about working towards them.

2. People should always be aware of the fact that

- a) their personal values have little influence on the skill of being assertive.
- b) they are unconditionally empowered to exercise their human rights.
- c) self-assurance to a great extent depends on their knowledge of their rights.

Being assertive is not just about dealing with the negative and problematic aspects of our lives. It is also about being able to acknowledge our strengths and to recognize when we have done something well. It is also about improving our self-esteem and our self-confidence. Respecting and valuing ourselves, having self-esteem, is one of the corner-stones of assertiveness. Our experiences can lead us to have a diminished level of self-respect which is further diminished by our tendency to compare ourselves with others, attempting to live up to their expectations, and negating our own strengths.

3. Assertive are the people who

- a) do not pay much attention to the strong and weak points of their personality.
- b) do not let themselves be downgraded by negative self-evaluation through other people's higher values.
- c) always make a point of reaching the standards set by other people.

However, each one of us is unique. Each one of us is different, but equal. Our most helpful option is to accept ourselves for what we are as individuals in our own rights and not in comparison to others. Having strong self-esteem is not believing that we are perfect, but simply accepting ourselves for who we are. One way of improving our self-esteem is to learn to accept our positive aspects, to acknowledge these with others by accepting compliments. Asking people to identify negative and positive aspects of themselves usually results in a long list of negatives with maybe a few positive points.

Our lack of self-confidence and self-esteem inhibits our ability to identify our strengths. When we make or acknowledge a positive comment about ourselves we invariably follow it up with a negative remark: "Yes, I am a good player, but I should be, I've been playing for years". It is all too easy to reject compliments if our self-esteem is low and we believe that we don't deserve them.

4. People with low self-respect

- a) tend to deny themselves the right to being praised for their achievements.
- b) are advised to boost their ego by believing that they are the best.
- c) are usually unable to recognize and make use of their strong points.

However, rejecting compliments simply feeds into the already poor view we have of ourselves. Learning to accept compliments comfortably can take some practice, but as we become more used to it we will find that it has a positive effect on how we view ourselves. We very soon begin to feel good about ourselves. Listen to what people tell you about yourself, and give them the benefit of the doubt. They may be right, but then you can still make your own judgement about it and do what you decide.

5. People having trouble with self-acceptance

- a) should be more open for compliments as they may help identify false friends.
- b) reject compliments because they only make them feel more depressed.
- c) may often be unaware of the fact that acceptance of compliments can exert a positive impact on their perception of themselves.

High self-esteem is not always about standing up for our rights, sometimes it can be about saying that we like something, someone, or something that someone has done for us. Having learned to accept compliments and become aware of the positive effect they have on us, we can move on to giving them to other people. In doing so we need to be assertive stating our feelings or opinions in a clear and straightforward manner. There is no better way of improving our relationships with other people.

6. A positively assertive person

- a) never attaches great importance to what other people may think of him or her.
- b) can express objective judgements about other people and their achievements.
- c) does not only seek realization of his or her own needs.

Another way of improving our self-esteem is to start taking risks by starting to do things that we don't do because of our lack of assertiveness. Our level of self-esteem is affected by our everyday activities; the more risks we take, the more our self-esteem increases. One should start by taking small risks and gradually work towards taking the big chances in life.