

# Self help matters.

Helping you to find your solutions

## Assertiveness

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How we choose to communicate with the world around us determines how assertive we are. It's not about shouting the loudest or talking over other people (though sometimes we might have to!). It's about being heard. We've all met someone who has a quiet voice and is the person to whom people listen most. So it's not about the volume but the content and delivery of what we say and the confidence by which we express what we say.

Counsellors frequently use the concept of the 'Assertiveness Bill of Rights' to affirm the positive nature of assertiveness. It's a series of personal statements, which we can learn to apply to our lives to boost our self-worth, self-esteem and our ability to be more appropriately assertive.

## Develop your own version...

1. I have the right to ask for what I want and need.
2. I have the right to choose how to lead my life in a way that suits me, rather than others.
3. I have the right to say “no” to requests or demands that are unreasonable.
4. I have the right to express my thoughts and feelings, whether positive or negative.
5. I have the right to change my mind for my own reasons.
6. I have the right to make mistakes and learn from them.
7. I have the right not to have to be perfect.
8. I have the right to develop and follow my own values, beliefs and standards.
9. I have the right to say “no” to anything that threatens my values, beliefs and standards.
10. I have the right to determine my own objectives, goals and priorities.
11. I have the right not to be responsible for others’ behaviour, actions, feelings or problems.
12. I have the right to expect honesty, dignity and respect from others.
13. I have the right to be angry and to say, “I’m angry.”
14. I have the right to express different emotions to reflect how I feel.
15. I have the right to feel scared and say, “I’m afraid.”
16. I have the right to not know and to say, “I don’t know.”
17. I have the right not to give excuses or reasons for my behaviour or reactions.
18. I have the right to make decisions based what I believe to be right.
19. I have the right to focus on and fulfil my own needs.
20. I have the right to personal space and my own time.
21. I have the right to be playful and have fun.
22. I have the right to be healthy, wealthy and wise.
23. I have the right to be in a non-abusive or threatening environment.
24. I have the right to make my own friends and enjoy the company of people.
25. I have the right to change, develop, learn and grow.
26. I have the right to have my needs and wants respected by others.
27. I have the right to be happy and enjoy life.
28. I have the right to supportive, nurturing and positive relationships.
29. I have the right to ask for help.
30. I have the right to be me.

## Resources

### MOODJUICE

How to deal with anger, with a printable self-help guide



**Opening Hours:** Online

[www.moodjuice.scot.nhs.uk/mildmoderate/Anger.asp](http://www.moodjuice.scot.nhs.uk/mildmoderate/Anger.asp)

### MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



**Opening Hours:** Online

<http://mindfulnessforstudents.co.uk/>

### UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



[www.abdn.ac.uk/infohub/support](http://www.abdn.ac.uk/infohub/support)

### TOGETHER ALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



**Opening Hours:** Online

<https://togetherall.com/en-gb/>

### If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - [www.abdn.ac.uk/counselling](http://www.abdn.ac.uk/counselling)