

Positive Assertiveness Statements

Read and repeat the following positive assertiveness statements aloud to promote a healthier self-image and strengthen your self-respect.

Your views are important, and you have value and self-worth.

Add to the statements as you think of new ones:

- I am a good communicator
- I am confident and strong
- I stand up for what I believe
- I stand up for my rights
- It's my right to say "no"
- I believe in myself
- I am in control
- I can handle difficult and tense situations
- I will not be put down by people or external circumstances
- I am worthy and deserve respect
- I am secure and comfortable in asking for what I need
- I can do this

Repeating the statements daily and before a difficult meeting can change your perception and improve self-confidence.

They can also be used for visualization exercises to form a mental picture of your assertive ideal self.

Feel this shift in how you view yourself, strengthening your inner voice, and becoming aware of the increased self-empowerment.

Dr. Jeremy Sutton