

How to Get What You Deserve in Life

There is no point in being assertive if you don't know what you want. Before you ask for something, consider why you want it (Hill, 2020).

The following questions help you understand and obtain what you want out of life (modified from Hill, 2020).

Question	Answer
<p>What do you want?</p>	
<p>List the reasons why you deserve what you want.</p> <p>Use an 'I' statement.</p> <p>Such as,</p> <p><i>I have been working hard.</i></p> <p><i>I completed X and Y.</i></p>	

Before you ask for what you want, ask yourself the following questions:

Question	Answer
<p>Is what I am asking for reasonable?</p> <p>Do I deserve what I am asking for?</p>	
<p>What is the top reason why I deserve what I want?</p> <p>Choose from the list above.</p>	

Question	Answer
<p>While I strive for what I want, how will the other person feel?</p> <p>The aim is not to be unreasonable and damage relationships, but to get what you want or deserve without being aggressive or harming others.</p>	
<p>How will I manage the situation if they say no?</p> <p>For example, I will ask what else I can do. Perhaps work extra, or study and train more.</p>	

Respect works in both directions. By preparing to ask for something you deserve, you can handle a request more sensitively.

References

- Hill, C. (2020). *Assertiveness Training: How to Stand Up for Yourself, Boost Your Confidence, and Improve Assertive Communication Skills* [Kindle DX version]. Retrieved from <https://www.amazon.com/Assertiveness-Training-Confidence-Assertive-Communication-ebook/dp/B08LZNNVLD/>

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