

## 7 Powerful Habits That Make You More Assertive

Being assertive will make your life better in all areas. Consider the idea of parenting, for example. If you are passive with your children, they look for many ways to go over their boundaries. When you are too aggressive, it can lead to children who are afraid to take action on their own for fear of severe vocal or physical punishment. This will lead to trouble for them as they grow up. By being assertive, you are in the middle, where you can also be loving to your children at the same time. Let's examine 7 habits of being assertive that you can use in any area of your life.

1. A mirror is fantastic for anything, from practicing a speech, affirmations or working on being assertive. The tone of voice is crucial to communication.

More people respond to tone than facial expressions or body language. You should practice all 3 and perhaps record yourself to listen to the tone of your voice. As an example, your tone needs to match your body language. If your tone is correct, but you notice you are making wild hand gestures or your face is showing agitation, this is where you need to practice more.

Once you take it to the real world, make sure to stand straight, keeping a neutral face and a hint of a smile. Make slow gestures with your hands instead of rapid ones, or using a finger to jab home your message.

2. You need to understand what assertive is in order not to get it confused with being pushy. Assertive is in the middle between passive and aggressive. In assertive mode, you speak calmly and slowly to deliver a clear message of what you want. Contrast this to passive, where the person has difficulty forming an exact sentence to relay what they intend to do or what they want from someone. It is healthy confidence rather than an ego-driven aggression.
3. In aggressive mode, people often use complicated words, gestures, and facial expressions. To ensure you are in the assertive mode, keep your wording simple and deliver it in a calm manner. When practicing assertive speaking, you need to provide

your message in a way that doesn't leave the other person feeling guilty or ashamed.

4. We spoke before about being calm when telling someone what you need or want from them. You can do some deep breathing exercises before you begin your conversation. This will get your heart rate and blood pressure in the proper zone.

You can also pick out the right color to wear before you decide to speak to someone about a delicate situation. You have heard of the term "seeing red" before, which frequently happens in heated conversations. Color impacts us more than we think. If you were to wear light blue clothes and then meet up for a serious discussion, you would be in a calm state. Studies have shown that light to medium blue has a very calming effect on our nervous system.

5. When it comes to language, it is wise to choose the first person. An example would be starting your statements off with, "I feel this needs to change for both of us to move forward." People go on the defensive when the wording is, "You never do what I ask, or you always wait until the very last minute, and then it is too late." Starting your sentences with the word "I" shows you are confident and being assertive without using guilt as a weapon.
6. You need to have a set of boundaries in your life. When you don't have boundaries, it becomes easier for people to push you around or take advantage of you. Ensure you understand your values and beliefs, as this will help you be firm in what you will or will not stand for.
7. Be a student of behavior. It is essential for you to understand that everyone thinks differently, and it doesn't mean they are wrong; it just means they don't match what you need and require at the moment. At some point in time, you may have heard someone speaking, and then they were told, "Well, that is just stupid and wrong." This is very hurtful and, of course, not part of you being assertive. You can listen, understand and then present a confident point of view without doing any mental injury to the other person.