

## The Benefits of Assertiveness

**A**ny behavior that has apparent rewards will tend to occur more often. Such is the case with assertiveness. Each person finds different rewards from this behavior. Read the list of potential benefits below and place a check next to those benefits you'd expect to gain from being more assertive.

- Greater ease with store clerks or strangers
- Get more attention from others
- Confidence in asking for favors or help
- Less discomfort with supervisors
- Feeling less angry toward others
- Feeling less angry towards self
- Doing more of what you enjoy doing
- Not storing up bitter feelings
- Being more clearly understood
- Having more personal time
- Greater options for advancement
- Recognition of work by peers
- Being able to graciously accept a compliment
- Changing your mind without guilt
- Feeling justified in speaking critically
- Feeling comfortable in requesting clarification
- Having the ability to say "no" comfortably
- Taking more responsibility for self
- Others listen to you