



Session 5

Tips and Scripts for Assertive and Effective Communication

Assertive communication is a powerful tool for combating people-pleasing. Here are some tips and example scripts to help you communicate more assertively:

1. Use "I" Statements: Express your feelings and needs from your perspective, rather than blaming or criticizing the other person.
 - Example: Instead of saying "You always dump extra work on me," try "I feel overwhelmed when I have too many tasks. Can we discuss how to distribute the work more evenly?"
2. Be Direct and Specific: Clearly express what you want or need, rather than hinting or hoping the other person will guess.
 - Example: Instead of saying "I wish I had more time for myself," try "I need to set aside two hours each evening for personal time."
3. Practice Active Listening: Show that you're listening and that you understand the other person's perspective, even if you don't agree.

Example: "I understand that you need this report by

tomorrow, but I have several other tasks. Can we negotiate a later deadline?"

4. Rehearse Responses: If you're uncomfortable saying no, practice responses for common situations where you tend to people-please.

- Example: "I appreciate your offer, but I won't be able to participate in the committee this time."

In conclusion, while others play a significant role in our lives, it's crucial to maintain our authenticity and prioritize our needs. By recognizing and addressing the habit of people-pleasing, we can foster healthier and more authentic relationships with others and ourselves.