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Assertiveness is a style of communication. The author makes clear that it is not about who you are, but about your behaviour. So if you change your communicative skills, you can change the way you relate to other people.

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The Assertiveness Workbook Randy Paterson

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One final note: this is closer to a book than a typical workbook. Though there are a few blanks to fill in throughout the book, most of the suggested thought exercises are better done in another notebook, not in this workbook itself.

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This workbook will be a welcome resource to individuals currently struggling with assertiveness difficulties. It will not only help people tackle assertiveness issues, but also target such important topics as need for control, conflict management, and even acceptance of compliments.

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CCI Assertiveness resources

Assertiveness means expressing your point of view in a way that is clear and direct, while still respecting others. Communicating in an assertive manner can help you to minimise conflict, to control anger, to have your needs better met, and to have more positive relationships with friends, family and others.

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The Assertiveness Workbook contains effective, cognitive behavioral techniques to help you become more assertive. Learn how to set and maintain personal boundaries without becoming inaccessible. Become more genuine and open in relationships without fearing attack. Defend yourself when you are criticized or asked to submit to unreasonable requests.

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