**Assertiveness Bill of Rights** Manuel J Smith and the Bill of Assertive Rights\*

Many of the ideas now associated with assertiveness training were first proposed in Manuel J. Smith's book When I Say No, I Feel Guilty, published in 1975. The book explains that assertiveness is largely about expressing oneself clearly and resisting manipulation. It proclaims a ten-point *'Bill of Assertive Rights'*, all based around one key principle: 'The right to be the final judge of yourself is the prime assertive right which allows no one to manipulate you'. Being assertive allows you to be kind, but firm, in protecting your rights.

1. You have the right to judge your own behavior, thoughts, and emotions, and to take the

responsibility for their initiation and consequences upon yourself.

1. You have the right to offer no reasons or excuses for justifying your behavior.
2. You have the right to judge if you are responsible for finding solutions to other people's problems.

 4. You have the right to change your mind.

 5. You have the right to make mistakes - and be responsible for them.

 6. You have the right to say, 'I don't know'.

 7. You have the right to be independent of the goodwill of others before coping with them.

 8. You have the right to be illogical in making decisions.

 9. You have the right to say, 'I don't understand'.

 10. You have the right to say, 'I don't care'.

Smith's book explains that anger and fear induce automatic physiological responses that inhibit clear thinking and articulate verbal responses: "When you become angry or afraid...the blood supply is automatically rerouted away from your brain and gut to your skeletal muscles to prepare them for physical action...You just don't think clearly or efficiently." Assertiveness can help you increase your ability to lovingly “stand your ground.”

**PASSIVE/AGGRESSIVE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ASSERTIVE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_AGGRESSIVE\_**

 

Not taking care of yourself Win – Win Interaction Not caring for others Valuing others over yourself Balancing your rights with others Bullying your way through life

\* [https://www.amazon.com/When-Say-No-Feel Guilty/dp/0553263900/ref=sr\_1\_3?crid=1WEUSW5ES8MKI&dchild=1&keywords=when+i+say+no+i+feel+guilty+by+manuel+smith&qid=1608045321&s=books&sprefix=When+I+say+no%2Cstripbooks%2C171&sr=1-3](https://www.amazon.com/When-Say-No-Feel-Guilty/dp/0553263900/ref%3Dsr_1_3?crid=1WEUSW5ES8MKI&dchild=1&keywords=when+i+say+no+i+feel+guilty+by+manuel+smith&qid=1608045321&s=books&sprefix=When+I+say+no%2Cstripbooks%2C171&sr=1-3)