

# The Assertiveness Guide for Women: How to Communicate Your Needs, Set Healthy Boundaries, and Transform Your Relationships (Paperback)

By Julie De Azevedo Hanks

New Harbinger Publications, United States, 2016. Paperback. Book Condition: New. 234 x 153 mm. Language: English . Brand New Book. When you re assertive, you re able to communicate your needs and wishes clearly while respecting yourself and anyone else involved in the interaction. But when you aren t assertive, you may stop yourself from saying anything when your needs aren t being met, or end up lashing out in hostile or hurtful ways. People with different attachment styles struggle with being assertive for different reasons, and even women with a secure attachment style may have difficulty expressing emotion when faced with challenging circumstances. Using strategies based in mindfulness, cognitive behavioral therapy (CBT), and dialectical behavior therapy (DBT), The Assertiveness Guide for Women can help you understand the attachment styles that keep you from asserting yourself. You Il learn about the three communication stances-from the passive Doormat to the aggressive (or passive-aggressive) Sword to the assertive Lantern-and find practical examples that show you how to apply your new communication and emotional awareness skills in your own life. Rather than being caught in a cycle of rumination and regret when you re unable to express yourself or even acknowledge your own...



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