

## Assertiveness Behavior

**Voice** - firm, warm, well-modulated, relaxed.

**Eyes** - open, frank, direct, eye - to - eye contact, but not staring.

**Stance** - well - balanced, straight - on, "at ease".

**Posture** - facing, erect, relaxed.

**Hands** - relaxed, warm, smooth motions.

**Feet** - relaxed, comfortable position.

**Your feelings when you engage in this behavior.**

Confident, self-respecting at the time and later.

**The other person's feelings about themselves when you engage in this behavior.**

Valued, respected.

**The other person's feelings about you when you engage in this behavior.**

Generally respected.