

At times we can all become prone to negative, irrational thinking which causes a block to assertive behaviour. We need to identify these negative thoughts, or obstacles, and then to challenge them. Are they based on irrational beliefs? Examine the following list, and note which of the thoughts and styles of faulty thinking you are most prone to:

- 1** *It is uncaring, rude, and selfish to say what you want.*
- 2** *If I assert myself I will upset the other person and ruin our relationship.*
- 3** *It will be terribly embarrassing if I say what I think.*
- 4** *If someone says 'no' to my request it is because they don't like or love me.*
- 5** *I shouldn't have to say what I need or how I feel; people close to me should already know.*
- 6** *I have no right to change my mind; neither has anybody else.*
- 7** *I don't really mind the present situation.*
- 8** *It will all work out in the end, and anyway, it's not my fault.*
- 9** *People should keep their feelings to themselves.*
- 10** *I shouldn't say how I'm really feeling or thinking because I don't want to burden others with my problems.*

Add any other negative thoughts you can think of.