



## How to Speak Your Mind - "Become Assertive and Set Limits"

By Darlene Lancer MFT



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Do you say what you think, express how you feel, and ask for what you want? How you speak immediately conveys your self-esteem. Whether in parenting, in a relationship, or in business, assertive communication skills enhance your effectiveness, confidence, and personal and professional success. Conflict is a big source of stress. You'll learn new techniques for conflict resolution, standing up to abuse, and managing communication problems in business and in relationships. Being assertive and setting boundaries and limits actually build self-esteem and reduce stress, while benefiting your career, relationships, and sense of well-being.

*How to Speak Your Mind* is an assertiveness training handbook that explains what it means to be assertive and how to achieve it. It details all of the elements of assertive and nonverbal communication. The steps to become assertive are laid out, as well as common mistakes to avoid.

Once you learn assertiveness, you're ready to set boundaries with people. This ebook explains what it means to have limits and a bottom line and how to determine what are yours. The next section shows you how to verbalize your boundaries and the secret to making them effective.

In addition, or if you prefer audio, get the Webinar, *How to Be Assertive*, available on my website, [whatiscodependency.com](http://whatiscodependency.com), here: [bit.ly/29OA](http://bit.ly/29OA) It includes more strategies, role play exercises, and tips for assertiveness in the workplace.

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### Editorial Review

#### About the Author

Darlene Lancer is a Licensed Marriage and Family Therapist, treating individuals and couples for 29 years and coaching internationally. She's a codependency and relationship expert and author of *Codependency for Dummies* and *Conquering Shame and Codependency: 8 Steps to Freeing the True You*.

See her other ebooks: *10 Steps to Self-Esteem: The Ultimate Guide to Stop Self-Criticism, Freedom from Guilt and Blame - Finding Self-Forgiveness*, *Dealing with a Narcissist: 8 Steps to Raise Self-Esteem and Set Boundaries with Difficult People*, and a daily reader, *Codependency Recovery Daily Reflections*.

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