

# How to be Assertive, Not Blunt!

## Assertive Communication

Following are three effective ways to be assertive that will help you to stand your ground without provoking anger or setting someone else up to respond defensively. Often times AD/HDers have been criticized so much, they react angrily and aggressively or become passive to others actions toward them. Which ever response you have that you would like to modify, keep in mind that practice makes perfect and the first few attempts at responding differently may be awkward and not received as well as you hoped for, so hang in there and keep trying until you become comfortable and relaxed with your new options for responding.

1. **Broken Record Response:** Calmly and slowly keep repeating in a monotone voice without particular emphasis on any one word or phrase, what it is you have to say, until it is recognized and received appropriately by the other individual.
2. **Emphatic Escalation:** Calmly and slowly keep restating your response or request, with more assertion each time. Always remembering to be polite when asking and say please. Speak more firmly each time holding your ground, but not becoming aggressive.
3. **Sensitive Listening:** Respond being sensitive to the other persons point of view or plight, being sure to make your situation or point of view clear after you have acknowledged their point of view respectfully. Avoid using the word 'but', replacing it with 'and'. Restating the other person's point of view followed by the word 'but' negates what you have just said. Following it with the word 'and' will prevent the other person from becoming defensive or tuning you out.