

Develop Your Assertiveness Sue Bishop Full



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Assertiveness is the quality of being self-assured and confident without being aggressive. In the field of psychology and psychotherapy, it is a learnable skill and mode of communication. Dorland's Medical Dictionary defines assertiveness as: . A form of behavior characterized by a confident declaration or affirmation of a statement without need of proof; this affirms the person's rights or ...

Assertiveness - Wikipedia

Emotional blackmail and FOG are terms, popularized by psychotherapist Susan Forward, about controlling people in relationships and the theory that fear, obligation, and guilt (FOG) are the transactional dynamics at play between the controller and the person being controlled. Understanding these dynamics is useful to anyone trying to extricate from the controlling behavior of another person ...

Emotional blackmail - Wikipedia

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Asszertivitás - Wikipédia

Origines. Le mot assertivité vient de l'anglais assertiveness, substantif formé à partir du verbe « to assert » : affirmer, assertion, s'affirmer, défendre ses droits, défendre son opinion. Assertiveness peut se traduire en français par affirmation de soi.. Définition. L'assertivité est considérée comme l'art de faire passer un message difficile sans passivité mais aussi ...

Assertivité — Wikipédia

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Cunt: A Cultural History of the C-Word - Matthew Hunt

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