Your Name

Instructor Name

Course Number

Date

Assertion

1. The differences between responsible assertive, non-assertive, and passive aggressive behaviors in human communication and the approaches to life are multi-faceted and distinct. While talking, an assertive person speaks openly, a non-assertive person is afraid to speak up, an aggressive person interrupts and talks over others, while a passive aggressive person may not actively participate in the communication but has a tendency to express their anger in subtle and indirect ways. Facial expressions and body language are also the chief elements of communication and behavior. A person displaying assertive behavior will show expressions that will match their message. A person displaying non-assertive behavior will show little or no expressions and the aggressive behavior is likely to intimidate others with their expressions. A person having a passive aggressive approach to life is likely to manifest dismissive and angry expressions. Being responsibly assertive is held in high esteem by experts in social science and communication fields because it enables people to maintain their self-respect while they defend their rights and pursue their desires (Vagos). Responsible assertion is the confirmation of one’s right to be taken seriously in any given scenario.
2. Allowing for the restoration of an individual’s perception about himself as positive amounts to rational thinking, whereas irrational thinking and thought processes lead an individual to focus chiefly on their flaws.
3. Realizing and accepting our human rights can help us to remove blocks to assertion as exercising personal rights fully relates to one’s competency and renders people to timely respond if their own rights or those of others, have been violated. The Bill of assertive rights entails all those necessary postulations which allow us to act responsibly assertive.
4. The main point in ‘How to make hard choices’ by Ruth Chang was that there is a misunderstanding about hard choices and the role they play in our lives (Chang). Choosing the option that leads a person to become their envisioned self and not submitting to the societal pressure can increase the levels of responsible assertion. Better decision-making abilities also helps in self-actualization through a fuller knowledge and acceptance of one’s intrinsic nature. Self-actualization is also easier to attain because better decision-making abilities increase synergy and integration of different ideas within a person.
5. I would not sit quiet if I see someone’s rights being violated. I would immediately speak up and express my concerns over the matter. Redoubling my efforts to challenge racism or the violation of a minority’s rights might involve keeping evidence of the situation and reporting it later and adopting an inter-sectional approach to all the aspects of my life. If I was at the harem and I saw a white woman’s basic rights getting violated, I would have immediately spoke up and addressed the issue.
6. Recently, I had a small dispute with a friend of mine and the problem was that she had been talking adversities about me and my family. There was a problem that had been resolved quite a while ago but instead of letting it go she still discussed it in a negative manner and failed to let it go that resulted in a physical dispute between us. I showed aggression and encountered her angrily. In this process, my right of being treated with dignity and respect was violated. When she did not stop talking about my family in front of others, my right of having and expressing my own feelings and opinions was violated that I could not defend myself and the portrayal of my family. Through her behavior, she also violated my right of judging my own behavior thoughts and emotions. She did not let me undertake responsibility for the initiation and consequences of my own actions. There were also some irrational beliefs that interfered with the smooth dynamics of appropriate behavior. For instance, one of the irrational thought was that the way she portraying my family would somehow get ingrained in the minds of the listeners and I would always suffer for that. Another irrational thought was that she did not have the right to keep talking about us. A relatively more successful outcome would have resulted that if we would have reported the situation to grown adults and had a mature conversation about it. If I was responsibly assertive and spoke about my concerns in a confident manner, the physical altercation could have been avoided. Some assertive techniques that I could use to prevent the whole situation are listening actively, and aim for an open and honest communication. An intercultural situation where assertion may not prove to be effective is one where the rights of a cultural minority are openly being violated and no one is defending them.

# Works Cited

Chang, Ruth. *How to make hard choices* . 18 June 2014. Youtube. 1 December 2019.

Vagos, Paula, and Anabela Pereira. " "Towards a Cognitive-Behavioral Understanding of Assertiveness: Effects of Cognition and Distress on Different Expressions of Assertive Behavior."." *Journal of Rational-Emotive & Cognitive-Behavior Therapy* (2019): 133-148.