

I can insist on my rights and still be a good person.

I sometimes have a right to assert myself, even though I may inconvenience others.

The fact that other people might not be assertive doesn't mean that I shouldn't be.

I can understand and validate another person, and still ask for what I want.

There is no law that says other people's opinions are more valid than mine.

I may want to please people I care about, but I don't have to please them all the time.

Giving, giving, giving is not the be-all of life. I am an important person in this world, too.

If I refuse to do a favor for people, that doesn't mean I don't like them.

They will probably understand that too.

I am under no obligation to say yes to people simply because they ask a favor of me.

The fact that I say no to someone does not make me a selfish person.

If I say no to people, and they get angry, that does not mean that I should have said yes.

Dbt Cheerleading Statements Examples

Lei Shi



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