



Oxfordshire Adult Autism Diagnostic and Support Service

**5 tips to be more Assertive – the “ASSERT” Formula**

- A - Attention:** gain attention, think about time and place
- S - Soon, simple and short:** keep comments to the point
- S - Specific Behaviour:** focus on the behaviour
- E - “Effect on me”:** use ‘I’ statements to explain
- R - Response:** describe what you would like to see happen
- T - Terms:** reach agreement, agree to disagree or compromise, you will have asserted yourself with dignity

**10 tips to increase your Self-esteem**

1. Do activities that you enjoy
2. Spend time with positive, supportive people
3. Be helpful and considerate to others
4. Try not to compare yourself to other people
5. Try to do regular exercise, eat healthily and get enough sleep
6. Be assertive – don’t let people treat you with a lack of respect
7. Try to develop self-help skills; meditation or mindfulness
8. Learn to challenge your negative beliefs and thoughts
9. Acknowledge your positive qualities and achievements
10. Get into the habit of thinking and saying positive things about yourself



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