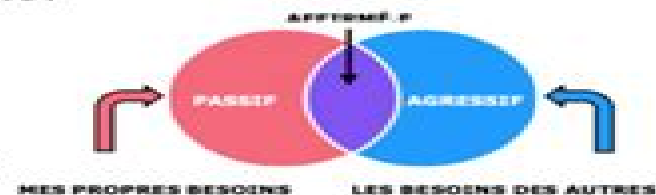


# Affirmation de soi / Conseils pour s'affirmer

1. Respecter autrui et se respecter soi-même : les besoins, les envies et les droits de chacun.
2. Préparer ce que l'on veut dire : quels sont mes besoins et comment je souhaite les exprimer.
3. Utiliser un langage corporel confiant : maintenir un contact visuel, posture droite, gestes ouverts, etc.
4. Être clair et direct, en commençant ses phrases par « Je »
5. Faire des demandes spécifiques et réalistes
6. Décrire comment on se sent face au comportement d'autrui
7. Utiliser des stratégies de régulation des émotions ou prendre des pauses si nécessaire pour se calmer avant de répondre.
8. Faire des critiques constructives : se concentrer sur les actions et non sur la personne.
9. Écouter activement : montrez que vous écoutez et comprenez l'autre personne.
10. Utiliser des phrases positives et affirmatives : Formuler vos attentes de manière positive plutôt que négative.
11. Éviter les généralisations : utiliser des exemples spécifiques plutôt que des généralisations qui peuvent sembler accusatrices.
12. Dire « non » et utiliser la technique du *disque rayé* lorsque c'est nécessaire. Le *disque rayé* consiste à répéter nos besoins autant de fois que nécessaire.



*J'aimerais que tu m'appelles pour me prévenir si tu as plus de 10 minutes de retard.*

*J'aimerais que vous me remboursiez.*

*Quand tu cries, ça me fait peur. J'aimerais que tu parles calmement.*

*Quand tu n'arrives pas à l'heure, je m'inquiète. Pourrais-tu m'appeler à l'avenir ?*

*Je comprends que tu sois contrarié, mais j'aimerais que l'on trouve une solution ensemble.*

**X**  
*Je ne veux pas que tu m'ignores.*

**✓**  
*J'aimerais que nous parlions plus souvent*

*Tu es toujours en retard.*

*Hier, tu es arrivé.e en retard*

*Je voudrais que tu ranges ta chambre.*

*[...]*

*Je comprends mais j'aimerais que tu ranges ta chambre.*

*[...]*

*J'entends ce que tu dis mais j'aimerais que tu ranges ta chambre.*

# Linvention De Soi Une Theacuterie De Lidentiteacute Individu Et Socieacuteteacute

**S Ashworth**



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