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| universidad lamar |
| Actividad 3 |
| Lengua Extranjera IV |
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| **Alumna: Valeria Noemi López Correa** |
| **Maestra: Noma Elizabeth Barajas Román** |

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| Parcial 3 |

**BEING MORE ASSERTIVE**

I always lose my temper when I am with my sister, she is 5 years older, so sometimes we argue. The main reason why we argue is Gussy, our dog. She never cleans up the mess Gussy makes, and sometimes he even does it in my bedroom, so when I’m stressed and simply want to do my homework or go to bed I ask her to clean the mess but she doesn’t listen so I yell. Now I know that’s not assertive. Because when I yell I don’t let her speak, and sometimes I don’t even say exactly what I wanted, so we all lose.

So now that I know that if I want her to do what I want to, I have to ask nicely and calm, but also let her speak.

Being assertive is about being happy with the final situation even though if it had a bad start. Meaning this that I will say what I think while being respectful and also letting everyone to say their opinion.