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4-B

BEING MORE ASSERTIVE

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My situation is:

One day I asked my mom to leave, I told her that I would go to a meeting only, but I lied to her because I did not go to a meeting that day if it was not a party.

That day arrived very badly since I drink alcohol and my mother scolded because I had lied to her.

My solution is:

Speak clearly with my mama without lies and explain why I did that and not lie again. Since it only loses its confidence.