

# Smart Moves for Resilience

## Strengthening Your Boundaries

**Step 1** What it is that you are feeling?

Embarrassed, overwhelmed; angry, frustrated, drained, humiliated; sad?

**Step 2** Stop and identify what has happened that doesn't feel OK for you.

**Step 3:** Speak Up –Once you recognize what is not OK and how it is affecting you it is time to decide what you want to say to this person or what action you want to take. Speaking up in a respectful way is a Smart Move.

**Step 4: Be Assertive.** You might find yourself feeling guilty or angry and being passive or aggressive. It is a Smart Move to practice being assertive. Keep in mind that if there is a negative response from the other person or if they want to argue, then it may be best to simply just walk away and focus on taking care of yourself.

**Step 5: Take care of yourself.**

### SMART Tips

Being ASSERTIVE is when a person says what they want or mean without being hurtful to the other person. They express their needs or opinions clearly while being respectful of the other person.” They start the sentence with ‘I feel; I need; I would like’

Being AGGRESSIVE is when someone tries to get what they want by bullying the other person into it or being angry and dominating

Being PASSIVE is when a person is unclear in expressing their needs or afraid. They don't speak up about what they want, but just go along with what the other person wants.