

Knowing When to Speak Up

Confidence often begins with knowing when to stand up or speak up for yourself (Hill, 2020).

The following series of questions will help you decide whether this is the right time to speak up about something or not (modified from Hill, 2020).

It is appropriate for multiple situations, including work and family scenarios.

Question	Answer Yes/No (and Why)
<p>Is it a good time?</p> <p>Consider the mood/environment. Are you and the other person tired and stressed? Is their time limited?</p>	
<p>Is this person going to be able to listen to me fully?</p> <p>Are they constantly being interrupted? Do they seem distracted by other things?</p>	
<p>Am I emotionally calm?</p> <p>Being in the right frame of mind is essential. There is a balance between assertive and aggressive communication and behavior.</p>	
<p>Do I understand why I feel upset, angry, or frustrated?</p> <p>Before you begin, be sure you understand why you feel the way you do.</p>	

Question	Answer Yes/No (and Why)
<p>Will I be more confident at a different time?</p> <p>Do you need to understand the situation and circumstances more before you begin?</p>	
<p>Have I identified compromises/alternative ways of resolving the issue?</p> <p>You may not want to do what you are being asked – is there a compromise or another way of working it out?</p>	

If you give one or more 'no' answers, you may not be ready to speak up and may need to prepare for a more suitable time.

References

- Hill, C. (2020). *Assertiveness Training: How to Stand Up for Yourself, Boost Your Confidence, and Improve Assertive Communication Skills* [Kindle DX version]. Retrieved from <https://www.amazon.com/Assertiveness-Training-Confidence-Assertive-Communication-ebook/dp/B08LZNNVLD/>

Dr. Jeremy Sutton