**EAPondering – Assertiveness vs. Aggression**

A message from your Employee Assistance Program

We’re all familiar with the terms. At the same time many of us don’t necessarily understand just what they mean. More important, while we probably recognize that assertiveness is favored over aggression in most circles – including the workplace - we often don’t know how to practice being assertive, or how to counter someone else’s aggression.

The title of this very helpful article says it all: “How to Be Assertive, Not Aggressive.” Check out the post by writer Lynn Taylor from her blog, “Tame Your Terrible Office Tyrant” published in Psychology Today.com. Follow, or copy and paste the link:

[https://www.psychologytoday.com/blog/tame-your-terrible-office-tyrant/201305/how-be-assertive-not-aggressive](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.psychologytoday.com_blog_tame-2Dyour-2Dterrible-2Doffice-2Dtyrant_201305_how-2Dbe-2Dassertive-2Dnot-2Daggressive&d=CwMCaQ&c=EZxp_D7cDnouwj5YEFHgXuSKoUq2zVQZ_7Fw9yfotck&r=AIMszgUgc_YYsitrMsMaPw&m=yWFhFTNhthwBx_9wq0CWv4l4SeNe86swJjXpSn4znjA&s=EDqY6OS4rejuLleasc-NZoFYPxi0MPJKxTsONCUpkdg&e=)

If you would like to talk about this, or any other concern, the UConn Health EAP provides confidential, free, professional consultation and brief counseling for faculty, staff, graduate assistants and household family members to help identify and resolve problems or concerns affecting you, your family or your job.

Call today for a private, no-hassle appointment.

860-679-2877 Statewide

800-852-4392 (CT toll-free)