

assertiveness

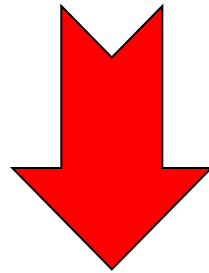
placating
one-down
defeated

assertive

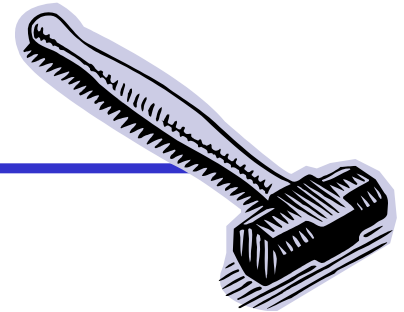
bullying
self-centred
insensitive



***door
mat***



authentic
courageous
fair



***sledge
hammer***

*you're OK
I'm not OK*

*I'm OK
you're OK*

*I'm OK
you're not OK*