

# [Are you more assertive](https://assignbuster.com/are-you-more-assertive/)

[](https://assignbuster.com/)[Psychology](https://assignbuster.com/essay-subjects/psychology/)

Assertiveness al Affiliation Assertiveness A friend of mine had an issue that kept on bothering him for days. The problem was bothering him so much that he started being stressed. None of his family member wanted to intervene. However, he kept on coming to me for help. Nevertheless, I did not have the skills or knowledge on how to tackle the problem. However, he kept on insisting that I am the only person who can solve the problem. With time he started indulging in drugs and hanging on with friends that abused hard drugs. I noted that his behavior has changed and he has started being aggressive. The problem was that every time I tried to force him to share the issues with his parents, he was aggressive on me. At this stage, young people are desperate for companionship. Due to body changes and emotional issues, many young people find themselves overwhelmed by the changes. Some make wrong decisions which they keep on regretting for the rest of their lives. However, in this case, I knew that I did not have the ability to help him. Therefore, I kept on insisting that he needs to see a counselor. At first, he took it as a bad idea and even started avoiding me because he thought I was misleading him.   
After wandering in trying to look for solution, he one day tried to look for help from a counselor. After several sessions, he started changing and appreciating himself. Later he came back and asked for forgiveness for ignoring my ideas. From then henceforth, we because the best friends ever.