

STEP ONE – VISUALISING HOW YOU WANT IT TO BE  
(Record your thoughts below)

"

---

---

---

STEP TWO – BELIEFS  
(Write here the Belief that will support you most in handling the aggression)

"

---

STEP THREE – RIGHTS  
(Record the Right you want to give yourself most – because if you do it will entitle you to the respect you deserve. Also record the one that the others deserve)

"I have the right to –

---

"They have the right to –

---

STEP FOUR – SELF TALK  
(Write down any more self talk that you believe will help you get the result you want in handling this aggression)

"

---

---

STEP FIVE – BEHAVIOURAL TIPS  
(From the list of tips provided, choose 2 or 3 that you believe will work for you)

---

---

*Keep this document somewhere safe and refer to it regularly to remind you of what you need to do to get the result you want when handling others aggression*

### ADDRESS

90 Sea Avenue  
Rustington  
West Sussex  
BN16 2DL

### PHONE

01903 778 977

### EMAIL

info@entitledtorespect.co.uk

### WEB

entitledtorespect.com