



You might have often found yourself in many situations where you needed to stand up for yourself.

But how many times were you able to do so?

Truth is, it's entirely normal since most of us just want to go through the motions and finish off our day without any problem.

And who would blame you for that?

All you wish for is a conflict-free life.

Aside from that, most people find being assertive a bit awkward.

It has been analyzed that any traumatic incidence in the past may give rise to future mistreatments.

Indeed, there are a plethora of reasons why you've been running low as far as your self-esteem is concerned.

But are there effective, foolproof ways in which you can really stand up for yourself?

**YES, THERE ARE!**

In this article, you are going to learn **17 practical ways on how to stand up for yourself** and some quotes that'll help you.

So, are you ready?

Let's go!



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# How to Stand Up For Yourself

## 1) Realize What Being Assertive Implies



If you are generally used to allowing people to demean you, then it's the fear of being assertive that might be holding you back.

First, you need to realize that there is a thin line between being assertive and being pushy or being rude.

As a matter of fact, being assertive is all about asking for what you deserve or what you want in a way that doesn't disrespect others.

If you don't put your needs or desires across the table, how would people acknowledge your presence?



Be calm and make yourself count.

If you do that, trust me, the scenario around you would undoubtedly undergo a tremendous change.

### **2) Practice Assertiveness**



The moment you realize the worth of standing up for yourself, there's no turning back.

Give it your best shot by staying well within your limits. Practice being assertive as much as you can.

If you realize what to ask and when to ask, things will automatically start



falling in place.

According to several studies, an individual takes around 66 days to imbibe a new habit.

Start practicing to be assertive and keep doing it for 66 days on a continuous basis.

Slowly, you will start seeing changes in yourself.

Try this out for yourself.

Be assured, you won't regret it.

### **3) Be Purposeful About Your Requests**



I'll use an example to pass this point home.

Let's say you are living in a shared apartment with maybe 2 or 3 persons and are annoyingly disturbed with their messy ways; you can either stay silent for eternity or speak out against him or her.

If you convey your feelings, you would be able to address the situation and suggest something that can solve the problem.

You can ask them [questions](#) like 'Can I help?' or 'Can you wash the dishes this week?'.



Well, a request might fall on deaf ears. In those cases, you have to sound a bit demanding.

That should be a clear indication that it's time they mend their ways.

### **4) Always Be On Look Out For The Right Time to Chat**



Consider the following scenarios;

**Scenario 1:** You might have something important to discuss with your boss.

**Solution:** So long as it's not extremely urgent, please do not go into his or her



chamber when he or she is busy doing some critical work.

**Scenario 2:** You need to convey something important to your [partner](#).

**Solution:** Wait for the moment when he/she reaches home after finishing his/her work unless it's incredibly urgent.

The truth is, don't be in a hurry since that might get on their nerves.

Wait for the perfect time when the individual (be It your boss or partner) is in the mood or is willing to listen.

Make sure you confirm it's the appropriate time to talk to them.

Once you know that you have their attention, speak out whatever you have in your mind.

That would be an ideal way to convey to the other person what you are thinking.

## 5) Figure Out What's Bothering You





Going with the flow is a common trait that you will find in most people today. It can lead to more stress and anxiety.

Many a time, you might be scared in conveying to someone that you are bothered about something.

Picking up courage seems to be an uphill task that you fear you might not endure.

However, if you face the issue, you let your fears subside and gradually build up more confidence in yourself.



Keep in mind, that being confident is in itself a stand up for yourself synonym.

## **6) Don't Stop Yourself From Being Selfish Sometimes**



There are only 24 hours in a day, and we spend those hours catering to other people's dreams, hopes, and schedules.

Often, that seems to be a lovely thing you can do for people. However, you can also feel stressed out and resentful as well.

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You are not wrong if you love to devote a significant share of your day to your



loved ones or share your happiness with others.

However, there arises a problem when you overdo it.

There is a problem when you go out of your way to bring happiness to people, a lot more than you can keep for your self.

Don't stop yourself from being selfish some of the time.

You need to think about yourself too. Take some time out from a day and spend it for yourself, just the way you like.

It's not that you have to spend your life for others for eternity.

## **7) Don't Be Afraid To Say No**



Taking a cue from the above-discussed point, to be selfish, you need to learn how to say NO.

Probably, this is going to be a bit tough for you, especially if you haven't imbibed this habit before.

Saying 'No' is a skill that you need to learn in life if you wish to stand up for yourself and want people to value you.

Many times, a 'no' can turn things in your favor.



Remember, that saying 'no' isn't a sign of being stubborn or rude.

On the contrary, you come across as an energetic individual.

If you initiate this practice, things will automatically fall in place, and you would feel a lot more confident.

### **8) Your Body Language Speaks For You**



If you face problems in standing up for yourself, then a little tweaking of your body language may prove to be quite useful.

Keep your body posture straight, take a deep breath, and then look straight up at the person you want to converse with.



Rest your hands at the sides to look more confident or make a point.

Let your body language speak for you.

If you present yourself assertively and convey who you actually are, things will automatically start working out in your favor.

Your body language and confidence is your strength.

Use it for your good.

Don't allow others to trample you down every single moment.

## **9) Speak Your Mind Completely**



Your shyness can prove to be a great hindrance in situations where you need to give a quick response.

You might have shared a deep secret of your life with a friend of yours, and he or she goes on to blurt it out in public.

How would you feel?

Or suppose, your colleague speaks rudely of you in an important meeting.

What would you do?

Just let it go?



These are indeed two of the most shocking moments you can experience in life, and two helpful tips can steer out of them.

Try to be very particular or rather brief and try to turn the [conversation](#) in a different direction.

Also, try to follow up with that person.

If you do, you can maintain your cool at that moment, and display a bit of your rude side at the same time.

Only a bit, not the whole.

## **10) Be Transparent And Authentic**





It's tough to be transparent most times.

But, if you know how to express your thoughts and views openly and honestly, you would feel a lot more relieved as if a heavy weight is lifted off your shoulders.

A half-hearted smile is quite indicative sometimes, but it doesn't really convey what you are thinking.

You need to learn how to be authentic in your message and be utterly open about your feelings.



Tell the other person when you think something is not right.

Make yourself heard, and stop being defensive.

There is no such rule that you would have to be accommodating every time.

## **11) Stop Giving Excuses**



Giving excuses for keeping a low-profile every time people talk down on you, is simply annoying bad.

However, if you keep a chain of excuses ready to undermine your assertive ways, that's definitely going to work for you.



If you refuse to give in to the unreasonable demands of others and furnish an explanation if need be or if it seems to be appropriate for the moment, you'll be respected a lot more.

The truth is, you don't need to offer any apology or an excuse to justify your actions.

It is as simple as that.

If you feel tempted to talk, you must try not to.

In the long run, you'll reap tremendous rewards.

### **12) Try To Clarify, Without Resorting To Attacks**



Standing for something right is always right.

Looking from your perspective, defending yourself against a wrong person is entirely justified.

However, you need to resist the temptation of being a bit emotional about the whole thing.

Take a deep breath and explain your point of view with a calm disposition and avoid using an aggressive tone.



Clarify your stand and wait patiently for the other person to talk.

It's only then, you both can arrive at a conclusion.

### **13) Always Remember That You Deserve Respect**



Stop being a doormat every time.

These tendencies lead to low self-esteem and standing up for yourself becomes tough.



You need to keep reminding yourself that you deserve respect as everyone does.

No one and that means no one can ignore you or bring you down at any cost, be rude to you without any concrete reason, or overlook your feelings.

You need to promise yourself and give yourself an assurance that nobody on this planet has the right to deprive you of what you truly deserve, until and unless you give consent to it.

Many experts reveal that by doing so, you would carve your own space in the society, which no one can intrude without your permission.

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### **14) Small But Powerful Steps Will Do the Trick**

It's normal to try and be assertive all of a sudden. For that, you need to take some small steps which are useful in the long run.

As discussed above, your body language speaks a lot about how you are feeling.

Try to bring confidence to work when you are talking or dealing with someone.



You can apply this attitude in every sphere of your life.

Protest politely.

It will bring change for sure, irrespective of whoever it is and wherever you are.

This is one of the basic tips on how to stand up for yourself.

### **15) Remain Calm And Stand Your Ground**



You will come across a lot of aggressive people who are always in the attacking mode.



They would want to override you at any cost and prove their supremacy over you.

As you grow in confidence, you learn how to face such bullies. [Staying calm](#) in these situations is important.

You don't need to resort to any unfair mean or react the same way. Don't just pay any heed to them and allow them to overpower you.

Maintain your standard and stand your ground.

The rest will eventually fall in place.

## **16) Try To Practice What to Say**





There is an old saying that holds for every situation in life – practice makes a man perfect.

Before you go out into the world, you need to practice being assertive.

Imagine a scenario, when someone is trying to snatch something away from you, that rightfully belongs to you.

What would you do?

Let it go or confront the person?

Find out what seems appropriate and then try to make yourself



understand what you should do when you find yourself in such a situation in the future.

### 17) Believe In Yourself



Realize your true worth.

You deserve more than what you think.

If you fail to respect yourself, how can you expect others to respect you?

But If you have faith in yourself, nothing is impossible.



Remember, If you are high on confidence, there are fewer chances that you would find yourself in precarious situations that have been tough for you to handle until now.

Be positive and chart your path.

Then, wait for all the right things to happen.

Also, going through some stand up for yourself quotes would also be highly beneficial.

These quotes can really change your life.

Below are 10 of these.

## **10 Solid Stand Up For Yourself Quotes**

A man dies when he refuses to stand up for that which is right. A man dies when he refuses to stand up for justice. A man dies when he refuses to take a stand for that which is true.

*Martin Luther King, Jr.*



Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

*Winston Churchill*

My story is a freedom song of struggle. It is about finding one's purpose, how to overcome fear and to stand up for causes bigger than one's self.

*Coretta Scott King*

Get up, stand up, Stand up for your rights. Get up, stand up, Don't give up the fight.

*Bob Marley*

We have to stand up for what we believe in, even when we might not be popular for it. Honesty starts with being ourselves, authentic and true to who we are and what we believe in, and that may not always be popular, but it will always let you follow your dreams and your



heart.

*Tabatha Coffey*

We can never be afraid to stand up for what is right, no matter what others may say. And sometimes, if that means taking a lonely road, if what we are standing for is true, then perhaps moonlight or sunshine will light our way and make it less lonely.

*Pramila Jayapal*

Sometimes people don't trust the force of kindness. They think love or compassion or kindness will make you weak and kind of stupid and people will take advantage of you; you won't stand up for other people.

*Sharon Salzberg*

Let me get you to understand I don't bully anybody. I stand up for what I believe in and I'm very honest and I always tell the truth. I'm



not a liar, I'm not manipulative and I don't stab you in your back because I will stab you in your chest.

*NeNe Leakes*

If you want to be a real human being – a real woman, a real man – you cannot tolerate things which put you to indignation, to outrage. You must stand up. I always say to people, 'Look around; look at what makes you unhappy, what makes you furious, and then engage yourself in some action.'

*Stephane Hessel*

It is not easy to stand up against your constituents or your friends or colleagues or your community and take a tough stand for something you believe is right. Because you always want to keep working and live to fight another battle and it might cost you your career.

*Caroline Kennedy*

You can discover more quotes [here](#).

So, I want you to get it straight that standing up for yourself doesn't at all mean that you have to behave like a rude tyrant.



Aggressive is not what is being discussed over here.

There is a huge difference between aggressiveness and assertiveness.

If you practice a little, you are bound to strike that perfect balance between the two and make way for yourself.

Thanks for reading and now is your turn.

Share with us how you stood up for yourself?