

# BUILDING SELF ESTEEM AND ASSERTIVENESS

## SESSION 3

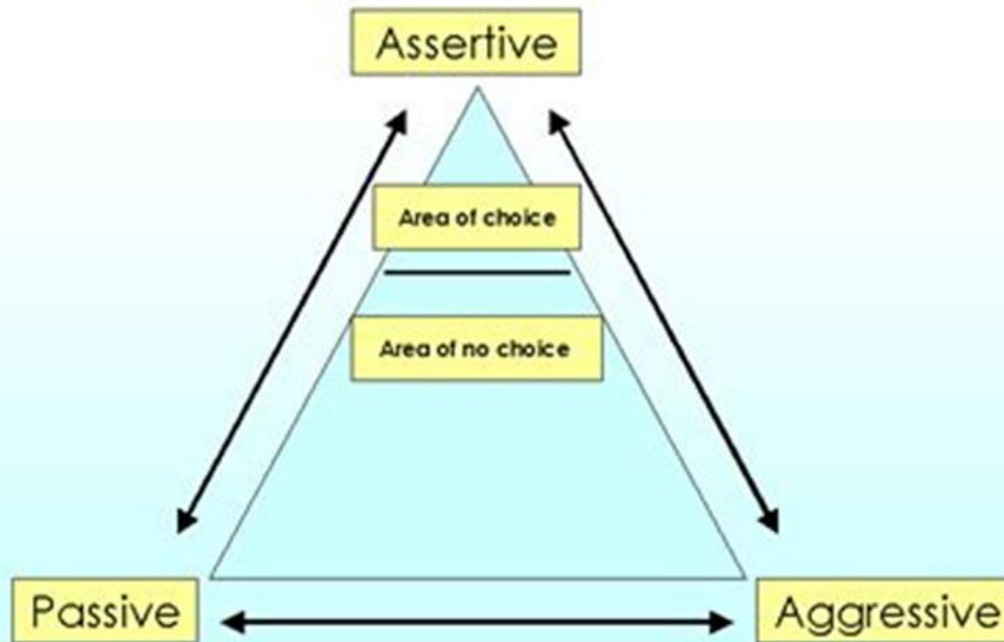
# WHAT CAN YOU EXPECT FROM TODAY?

- To learn about communication styles
- To learn what assertiveness means
- To understand the difference between passive, passive aggressive, aggressive and assertive roles
- To look at balancing our needs with those of others
- Explore obstacles to assertiveness



# COMMUNICATION STYLES

## The assertiveness triangle



## GROUP EXERCISE

What are the signs that someone is passive?

Think about their behaviour, body language, communication, emotions



## GROUP EXERCISE

What are the signs that someone is aggressive?

Think about their behaviour, body language, communication, emotions



# GROUP DISCUSSION

## WHAT IS ASSERTIVENESS?



## DEFINITION

“Assertiveness is a communication style. It is being able to express your feelings, thoughts, beliefs, and opinions in an open manner that doesn’t violate the rights of others.”

*-Centre for Clinical Interventions*



## GROUP EXERCISE

What are the Signs of assertiveness?

Think about their behaviour, body language, communication, emotions





	Passive	Assertive	Aggressive
Basic belief of worthiness	<p>"I am not worthy."</p> <p>"Other people are more important than me"</p>	<p>"We are both worthy"</p> <p>"We are equally as important as each other"</p>	<p>"You are not worthy."</p> <p>"I'm more important than others"</p>
Body language	<ul style="list-style-type: none"> <li>- quiet tone</li> <li>- eyes pointing downward or away</li> <li>- shoulders hunched together</li> </ul>	<ul style="list-style-type: none"> <li>-firm but respectful tone</li> <li>-relaxed appearance</li> <li>-appropriate eye contact</li> </ul>	<ul style="list-style-type: none"> <li>-loud or angry tone</li> <li>-staring or overly direct</li> <li>-eye contact</li> </ul>
Communication/Language style	<p>Apologetic, submissive, vague, self-deprecating.</p>	<p>Confident, relaxed, firm, polite, respectful.</p>	<p>Insulting, sarcastic, patronising, and disrespectful.</p>
Emotions and feelings	<ul style="list-style-type: none"> <li>-Feel taken advantage of</li> <li>-Feel unheard</li> <li>-Fear of rejection</li> <li>-Helplessness</li> <li>-Resentment towards those who 'use' them</li> <li>-Reduced self-respect</li> </ul>	<ul style="list-style-type: none"> <li>-Feelings of confidence</li> <li>-Feelings of positivity about yourself and towards others</li> <li>-A healthy sense of self respect</li> <li>-Self-esteem rises</li> </ul>	<p>Powerful when there is a perceived 'win' even at the expense of others</p> <p>Potential feelings of guilt or remorse after hurting others in the pursuit of a 'win'</p> <p>Feels angry</p>



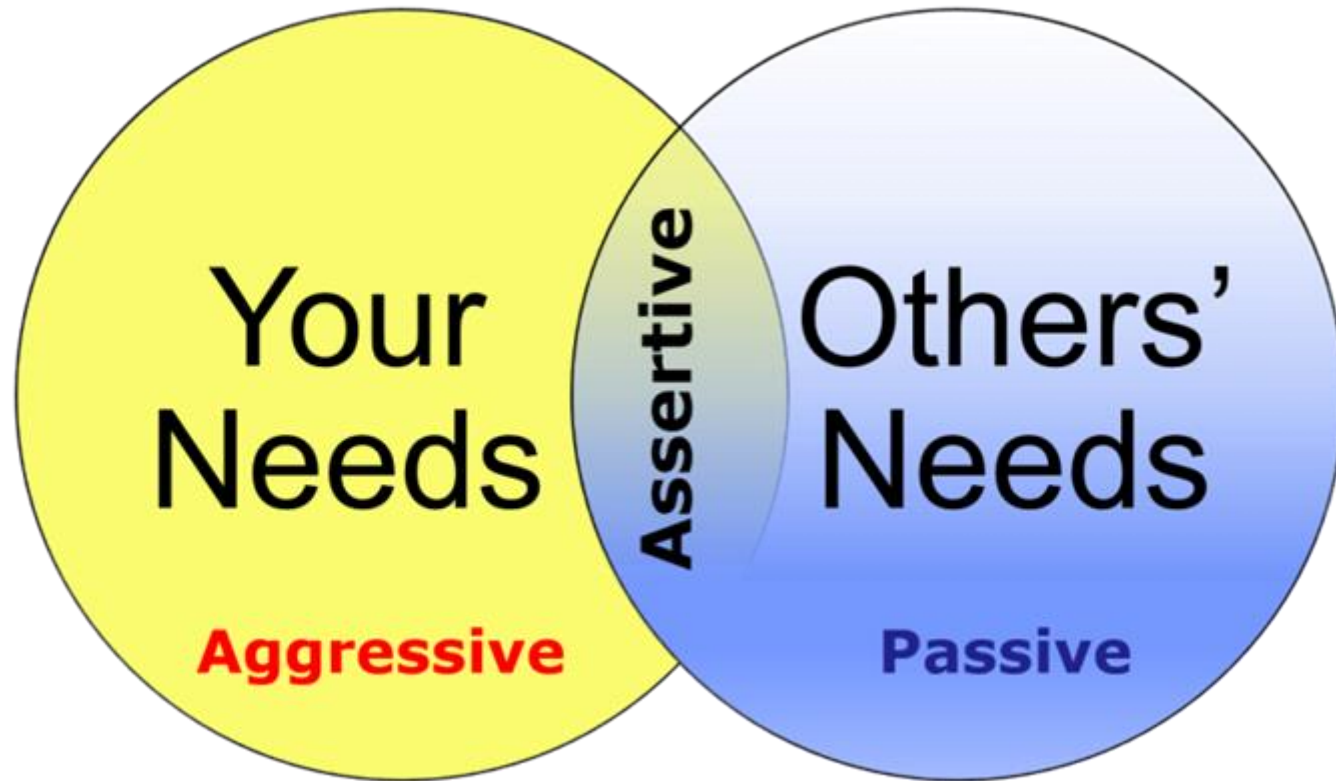
# COMMUNICATION STYLES

<b>Passive</b> I'm not ok – You're ok	<b>Passive Aggressive</b> I'm not ok – You're not ok
<b>Assertive</b> I'm ok – You're ok	<b>Aggressive</b> I'm ok, you're not ok

<https://www.youtube.com/watch?v=MMc8AP9KhEM>



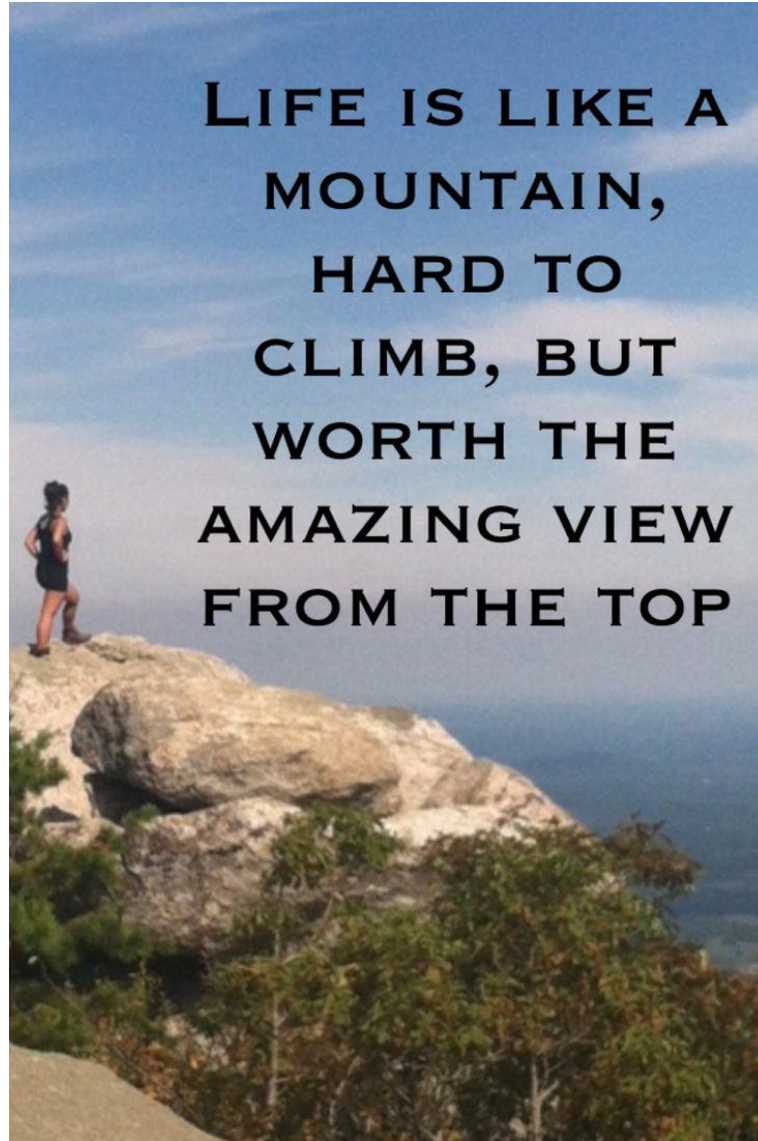
# BALANCE OF NEEDS



# WHAT OBSTACLES ARE THERE TO BECOMING ASSERTIVE?



# REFLECTION TIME....



**LIFE IS LIKE A  
MOUNTAIN,  
HARD TO  
CLIMB, BUT  
WORTH THE  
AMAZING VIEW  
FROM THE TOP**



# HOME PRACTICE

## Reflection Questions to consider...

- 1) What is your usual communication style?
- 2) What are your own barriers or obstacles to assertiveness?
- 3) How might your life look like if you were able to be assertive more often?



NEXT WEEK

## Assertiveness Approaches

- Stuck/broken record technique
- Fogging
- Authenticity
- Creating healthy boundaries

