

BUILDING SELF ESTEEM AND ASSERTIVENESS



SESSION 3 - ASSERTIVENESS

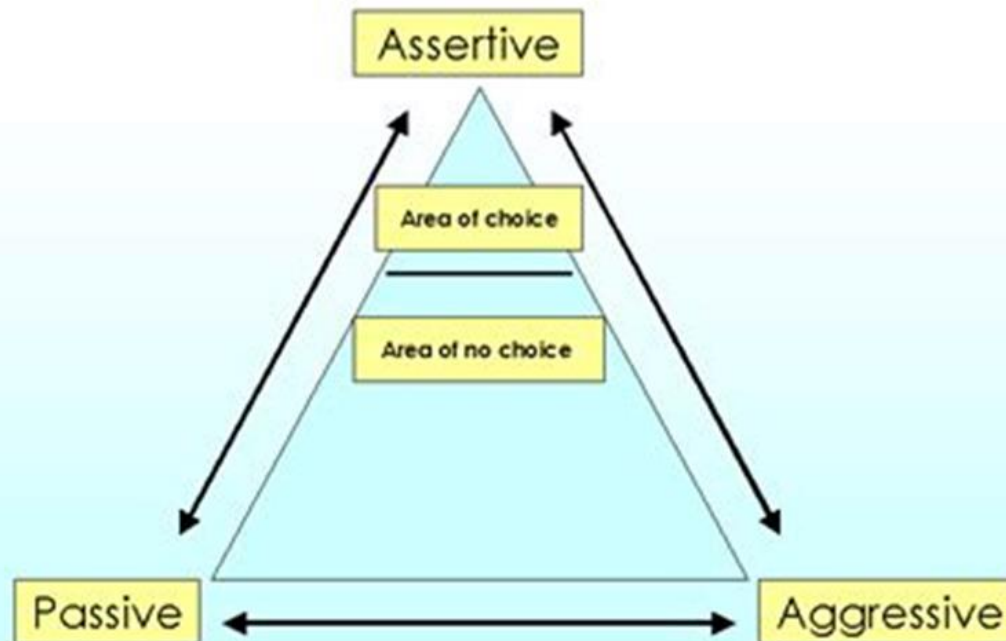
WHAT CAN YOU EXPECT FROM TODAY?

- 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 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



	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"> - quiet tone - eyes pointing downward or away - shoulders hunched together 	<ul style="list-style-type: none"> -firm but respectful tone -relaxed appearance -appropriate eye contact 	<ul style="list-style-type: none"> -loud or angry tone -staring or overly direct -eye contact
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"> -Feel taken advantage of -Feel unheard -Fear of rejection -Helplessness -Resentment towards those who 'use' them -Reduced self-respect 	<ul style="list-style-type: none"> -Feelings of confidence -Feelings of positivity about yourself and towards others -A healthy sense of self respect -Self-esteem rises 	<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>



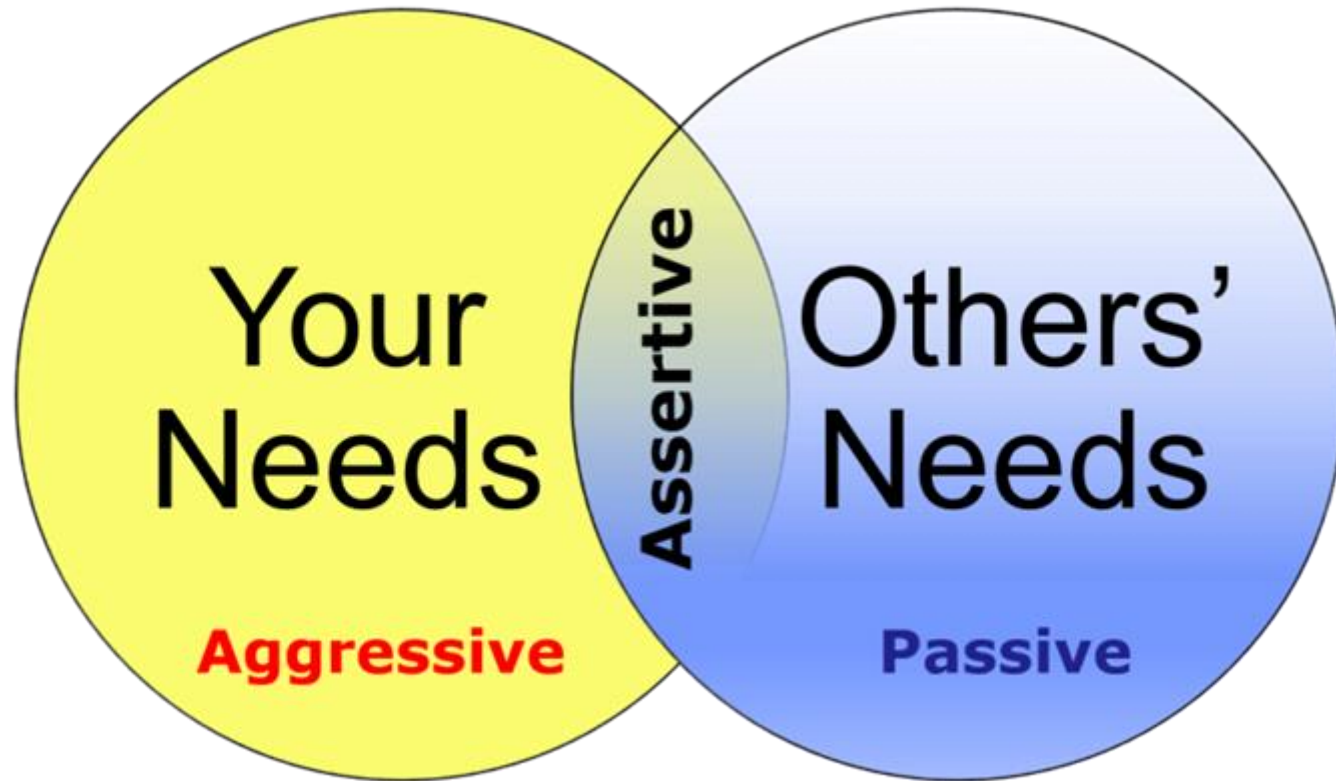
COMMUNICATION STYLES

Passive I'm not ok – You're ok	Passive Aggressive I'm not ok – You're not ok
Assertive I'm ok – You're ok	Aggressive I'm ok, you're not ok

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



BALANCE OF NEEDS



REFLECTION TIME....

