



Journal:

Assertiveness

07

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Assertiveness and Boundaries

Assertiveness 1

(In context of Self-Esteem and having dealt with Trauma/Abuse)
(video: 17 minutes)

Assertiveness starts with the right to _____ and the right to _____.

Discussion/Reflection:

Can you accept your feelings?

Do you have the right to “be”?

The world is _____.

No one has your interests in mind like _____.

_____ are the sole owner of your time and physical space.

We need to be _____, _____, and _____.

Your space in the world - The pursuit of strength

Right and opportunity to use our strength

Potential for “war”

Our ultimate goal is for _____

Discussion/Reflection:

World is unsafe

You are the sole owner of your time and space

Use of strength

Potential for “war”

Ultimate goal is authentic connection in relationship

Process of change

Discussion/Reflection:

Have you done the needed “self-esteem” and/or trauma work to be here?

Contemplation

Motivations:

My potential losses:

The _____ you is always more _____ and
_____ than any false self.

Discussion/Reflection:

Motivations

Losses

Your desire

“I do have a problem and I am going to do something about it.”

Assertiveness 2

(video: 16 minutes)

Preparation:

Partnership

Physical preparation

Psychological preparation

Assertiveness is:

H_____

A_____

R_____

D_____

Discussion/Reflection:

HARD

Passive – Dishonest - Inappropriate

Aggressive – Disrespectful - Inappropriate

Empathic Assertive Responses:

Confrontational Assertive Responses:

Discussion/Reflection:

Empathic

Confrontational

Broken record

Future protections

Most difficult situations

Speed

Discussion/Reflection:

Practice

Exercise

Boundaries:

Physical

Violations

Zones of comfort

Discussion/Reflection:

Do I struggle with physical boundaries?

Verbal boundaries?

Sexual boundaries?

“Walls” or being overly trusting?

Are they adaptable to the situation?

Comfort

Practice

Resolve

Personal change

Reactions to change

Discussion/Reflection:

MY PLAN

The change(s) I will make are:

Why I am making these changes:

What other benefits to I hope to achieve with these changes?

Who will I turn to when I need help?

How will I know I am succeeding?

When do I want to start this change?

How will I learn from my mistakes?

Rewards?

Expectations?

“Going too far”

Spiritually inclusive segment:

Challenges in faith communities

1. Absolute _____
2. Absolute _____
3. Absolute _____ and _____

Discussion/Reflection: