



Journal:

Trauma

09

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A free downloadable (PDF) version of this journal can be found at www.MyTherapySession.com

Healing from Trauma

Introduction

(video: 6 minutes)

There are many types of trauma:

A therapist is needed for getting past the trauma

Differs from “Abuse” presentation

Optional spiritually inclusive material

Organization of sessions:

1. Introductions and addictions concern
2. Anger
3. Victimization
4. Guilt and shame
5. Loss
6. Trauma
7. Pain and disability
8. Assertiveness
9. Conclusion

1. Trauma 1

(video: 5 minutes)

Non-violence

Need vs. want to be here

Careful not to get scared away

Caution of addictions!

Discussion/Reflection:

Do you want to go on?

Do you have a need to deal with potential substance dependency?

What is your willingness to partner? Who can that be?

Are you willing to commit to the time and energy required for this?

2. Trauma 2

(video: 16 minutes)

Non-violence

Anger introduction

Anger 1: Use it and Lose it!

Review:

(Best accomplished having done *Self-Esteem and Goal Setting*)

Anger gives us strength, power, motivation and energy

Helps us protect others and ourselves

Necessary part of our emotional life

Distortion of anger

Anger is wrong, inappropriate and should never be experienced
(assertiveness problems)

Overactive anger

Discussion/Reflection:

Is anger a necessary and normal emotion?

Do I have anger problems?

Would the people closest to me think I have a problem?

Would I benefit from viewing the *Assertiveness* presentation?

Excessive Anger Evidences:

Violence

“Stewing”

“Road rage”

Irritability and resentment

Interpersonal problems

Impeding love

Purpose of anger:

Motivation

Energy

Direction

Assertiveness

Power

Opportunity

Need for intentional release

Causes

1. Biological

Head injury

Cognitive impairment

Thyroid

Chronic medical conditions

Insomnia

Medications

Legal “drugs”-caffeine, alcohol, nicotine

Discussion/Reflection:

Biological Factors?

2. Fear

Present and past

Threats

Insecurity

Danger

3. Frustration

4. Injury

Physical

Emotional

5. Humiliation

6. Loss

7. Mania

Discussion/Reflection:

Frustration
Injury
Humiliation
Loss
Mania

8. Psychotic symptoms

9. Illegal substances

10. Modeling (observing others)

11. Anger at ourselves

Discussion/Reflection:

Psychotic symptoms
Illegal substances
Modeling (observing others)
Anger at ourselves

3. Anger 2

(video: 10 minutes)

Violation of Values

Intense and personal

“Special case”

Why would anyone else’s perspective be considered?

I have a “right” to be this angry

Letting go is not condoning

“Justice”

Someone needs to pay

They need to hurt as badly or worse than I do (almost impossible!!)

Discussion/Reflection:

Sources / causes of anger

Violation of our values:

1. Unique or special case
2. Unrealistic expectation of justice
3. Conflicts about letting it go

Letting go is not condoning

Personally destructive- "Anger is like drinking a cup of poison and waiting for your enemy to die."

Possible solutions:

Get more sleep

Deal with substance issues

Deal with trauma

Others:

Dealing with violation of values

Anger is based in our values. We have been “wronged” in some way so it makes sense that we are angry and that it will be difficult to let it go. It will destroy us if we hang on to it however so perhaps we can “store it” in a non-toxic form.

Preparation:

We are going to write about the experiences that have made us the angriest. It may be necessary to write about several events, situations, people, etc.
Your “List” - (all people and situations, then and now) of all the things you are intensely angry about:

- 1.
- 2.
- 3.
- 4.
- 5.

(Continue as needed)

Exercise

Describe any suspicion of a physical or medical reason for being angry.
(For example, head injury, cognitive impairment, chronic medical conditions, insomnia/sleep problems, medications, caffeine, alcohol, nicotine, other drugs or addictions, seizures, hormonal or other reasons):

My main sources of anger:

The person (people) I would most like to hurt / kill is (are):

My plans for how I might hurt these people are:

The things I have found to be most effective for controlling my anger are:

Rate the following items using a 0 (none) to 10 (extreme) scale:

- _____ The severity of my anger problem
- _____ How often I have thoughts of harming others
- _____ My overall risk of harming others

The extent to which I:

- _____ Would like to be less angry
- _____ Feel like anger is in my control
- _____ Am experienced/trained in relaxation/calming activities (when angry)

The extent to which my anger is based in: (0-10)

- _____ Watching and learning it as I grew up
- _____ Comparison of myself to others
- _____ Unrealistic expectations of myself
- _____ Fear
- _____ Frustration
- _____ Hurt/Injury
- _____ Humiliation
- _____ Loss
- _____ Mania
- _____ Psychotic symptoms
- _____ Illegal substances (cocaine, opiates, marijuana, benzodiazepines, etc.)
- _____ Being addicted
- _____ Being angry with myself
- _____ Violation of my values (being "wronged")
- _____ Other people being critical or harsh
- _____ Other people demanding too much of me
- _____ Other people not respecting or supporting me
- _____ Other people letting me down/abandoning me
- _____ Bad things in the future
- _____ Time pressures
- _____ Trouble saying "no"
- _____ Money problems
- _____ Legal problems
- _____ Sexual problems
- _____ Immediate family relationships
- _____ Extended family/friends relationships
- _____ Job situations/relationships
- _____ Trauma or abuse

The extent to which:

- _____ I destroy things when I'm angry
- _____ I hit things when I'm angry
- _____ I hit people when I'm angry
- _____ I experience "road rage"
- _____ It would be "wrong" to let go of anger or be calm or at peace in the midst of the things that currently make me angry.

- _____ Anger could be the source of some of my physical problems
- _____ Anger could be why I haven't tolerated medicines very well
- _____ I literally pull my hair out with anger
- _____ I bite my nails with anger
- _____ I cry because of anger
- _____ I lose sleep because of anger
- _____ I drink or use drugs to deal with anger

4. Anger 3

(video: 14 minutes)

Step 1: (Keep it)

Capture exactly how angry you are in some potentially permanent form. Journaling is the most frequent way this is done. Write about each of the things you have listed. Hold nothing back. Use whatever language comes to you, color, use art, etc. Write exactly how angry you are so that, if you ever wanted to be this angry in the future, all you would have to do is read this over again and you could be. You might want to write this as a letter (that you don't intend to send) to the person or situation.

The first thing I am angry about is...

or

Dear _____, I am angry at you about _____ ... because _____...

(Some people alternatively like to scream into a tape recorder or express themselves in art, but do whatever technique you think will work best for you now.)

(Continued on blank sheets as needed)

Step 1: (Keep it) - continued

Step 2 - Lessons learned

Anger is a useful (perhaps God-given) ability and is there to help protect our loved ones and ourselves and make the world a better place, so there are valuable “lessons learned” about our anger that are worth capturing about this experience.

My lessons learned from my anger are: (e.g. when I have a chance, I am going to help, donate, advocate for, etc. people that have suffered like me. I’m going to stop smoking, drinking, etc. since I have realized how dependent I was on those things. I’m going to spend more time with my family, etc.)

(Continued on blank sheets as needed)

Discussion/Reflection/Application:

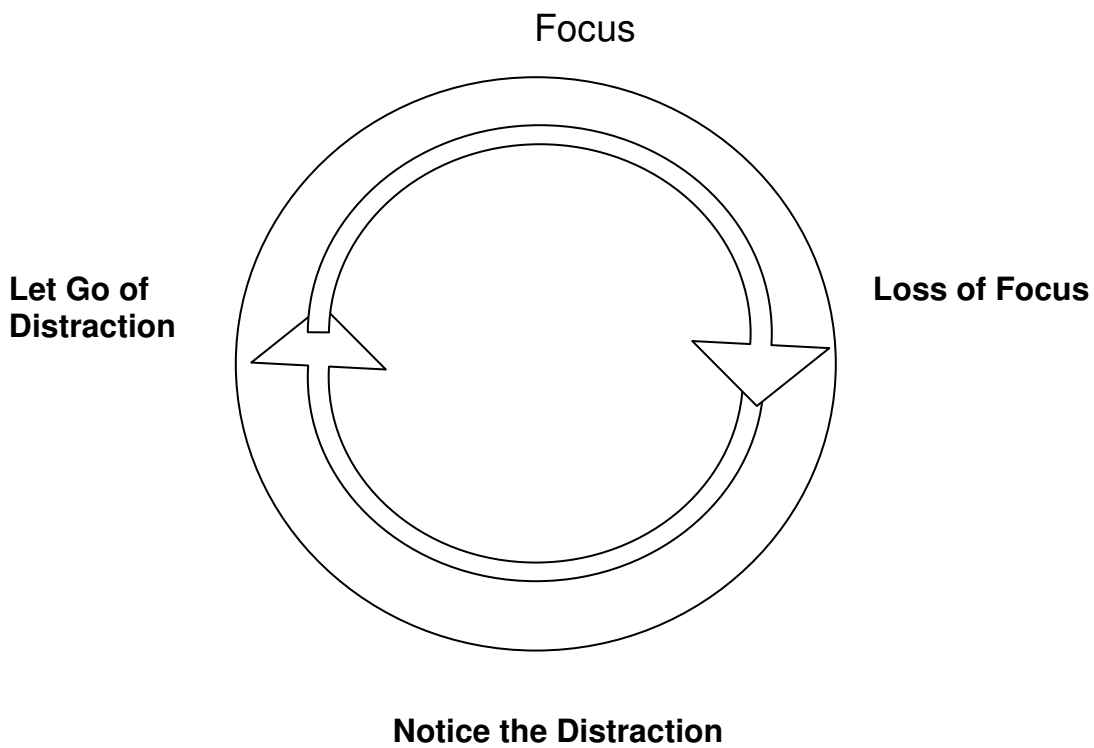
Keep it

Lessons learned

Step 3- Letting go of the anger

The anger is going to destroy me if I don't let it go. (Plus, it is probably not affecting the person I'm angry at anyway.) So, now, that I have fully validated my feelings through step 1, (plus I could be angry in the future if I really wanted to) and having gotten from it what I need right now (step 2), I am going to let it go.

Circle of Liberation (Terry Fralich, LCPC)



Discussion/Reflection/Application:

Circle of Liberation

Other ways:

Writing “as if” your goal has been accomplished

Visualization

Artistic expression

Quotes

4th Step - (Optional) - Destroy what you created in the 1st step
(Don't do it too soon)

Discussion/Reflection/Application:

I write this description of the process and how it feels to let go of my
anger:

Spiritually inclusive segment:

Anger as a God-given emotion

Care not to devalue it

Could label as “toxic”

Forgiveness

Reconciliation and restitution

Let justice be delivered by God

Discussion/Reflection/Application:

5. Trauma 3

(video: 15 minutes)

Victimization introduction

Letting Go of the Victim Role 1

Definition:

Features:

- 1.
- 2.
- 3.

Your choice is to

-

OR

-

Ownership:

Discussion/Reflection:

What are your reactions so far?

Is there any anger?

You have been and only you can drive your journey!

Not deciding is deciding not to decide, so there is no such thing as not deciding.

Only you know yourself well enough to drive.

You have to take ownership!

Discussion/Reflection:

How much am I willing to take responsibility for my current situation (rather than blame someone else)?

In whose control is my recovery and/or health?

Deal with “victim” mentality:

1. Fairness
2. Expectation of apology or payback
3. Trust is needed for a fulfilling life
4. Defensiveness vs. striving for something
5. Self-pity and entitlement

Discussion/Reflection:

How much are you expecting:
An apology?

Some payment (with interest)?

Things to be “fair” or “right”?

How defensive are you?

How much are you consumed with hurt or self-pity?

Are you feeling entitled?

Victim “Sensitivity”

Victim “Duration”

Discussion/Reflection:

What do you think about the idea that being a victim should be a temporary, motivating experience rather than a permanent state of being?

Do you have any thoughts about how long you expect yourself to be a “victim”?

Is it okay to let go of being a victim?

6. Letting Go of the Victim Role 2

(video: 16 minutes)

Cost Benefit Analysis -

Write down the thought, behavior or emotion that you might want to change:

Pros and cons about keeping it:

Discussion/Reflection/Practice:

Weigh out the pros and cons

Disputations - an argument against the way we thought things were

Find short and positive statements

Discussion/Reflection:

What disputations, or arguments, can you come up with?

Be patient and persistent with yourself

Beware of “emotional reasoning” (thinking that because it doesn’t “feel” right, it must be wrong)

Change “feels” wrong, at least at first

Discussion/Reflection:

Is it at all consoling to realize that you now have more control than you once thought?

Any questions about the pros and cons exercise?

Any questions about disputations?

Spiritually inclusive segment:

Letting go of the victim role

Potential to blame God – why did he let this happen to me?

Learning not to blame others (including God) or ourselves

Growth through pain

We are each created equally

God can fill only empty vessels

The point of healing is stronger than it was to begin with

Discussion/Reflection:

7. Trauma 4 (video: 17 minutes)

Guilt and Shame introduction

Guilt and Shame 1

Notes:

Power and purpose of guilt and shame:

Definitions:

Guilt:

Shame:

Description of how my Shame and Guilt “looks” and/or “acts”:

An alarm: crisis / emergency:

Discussion/Reflection:

Have you ever experienced guilt or shame?

Do you have a hard time letting go of them?

Have you (or people in your family) experienced the crisis, the alarm, of guilt and shame?

Guilt

Notes:

Ideal "Court":

What can go wrong:

Personal experience of "Innocence":

Discussion/Reflection:

Has a sense of guilt ever improved you?

Have you ever been falsely accused? How did you handle it?

How would you rate your confidence in your innocence?

"Guilt trip":

Feelings of guilt may or may not have anything to do with reality!

May or may not have anything to do with the expectations of others!

May have nothing to do with being a better person!

Distorted guilt - interferences with our potential:

If feeling overly guilty

If feeling not guilty enough

Discussion/Reflection:

Does your “guilt trip” play appropriately?

Has “guilt trip” ever played when it shouldn’t?

-Or failed to play when it should?

A child’s experience:

A child’s less-than healthy situation / experiences:

“Invalidating environment”

Genuinely accepts guilt

Underdeveloped sense of appropriate anger

Underdeveloped verbal ability

False judgment is accepted

Loss of trust in a sense of right and wrong

Silence can also be invalidating

Discussion/Reflection:

Did you have any experiences of guilt during development (growing up)?

Good?

Bad / false accusations?

Do you recall “selling out” or “giving up” to “keep the peace”?

Were there times that you remember when you defended your innocence?

Discussion/Reflection... cont:

Are there feelings and actions that you would like to defend now as you look back on them?

Did you grow up in a silent or invalidating environment?

How would you rate the level of unconditional love and acceptance while growing up?

Spiritually inclusive segment:

Reflection:

Seeing God like our authority figures?

Unconditional love?

Experiences in spiritual communities?

God:

Perfect love

Perfect justice

Never incorrectly judged

Every judgment is made in unconditional love and acceptance

-With the express purpose of making us better people

Discussion/Reflection:

The "Ideal"?

Grace

Forgiveness

Love

Unconditional acceptance

8. Guilt and Shame 2 (video: 13 minutes)

Shame

Notes:

Permanent shame is one of the most damaging and limiting of all experiences:

Also extremely common (You are not alone!)

So it needs careful consideration!

Power and purpose of shame:

Character Counts” (ethical behaviors):

Trustworthy
Respectful
Responsible
Fair
Caring
Citizenship

The “Golden Rule”

Shame as an alarm for not living up to my own standards

Discussion/Reflection:

What is the healthy side of shame as a way of learning standards of behavior?

Ethical Standards Development”

“Modeling” (seeing things) as a primary form of learning

Less-than healthy environments:

“False self”

“Superhuman”, “Human Doings”

“Subhuman”

Challenge: claiming our own truths / expectations

Shame and guilt are not character traits and are changeable

Discussion/Reflection:

Were you exposed to any unhealthy modeling or teaching about ethical behaviors?

Can you identify with this concept of “false self”?

Does it make sense that it would be easier to deal with the result of unhealthy experiences rather than a fundamental character trait?

Considerations:

1. Appropriateness of feelings (sensitivity)
2. Duration

Appropriate sensitivity:

Discussion/Reflection:

Do you have an appropriate sensitivity to guilt and shame?

Is your sensitivity too high or too low?

Appropriate duration:

Temporary and motivating factors only

There should be some time limit!

Saps our energy for becoming a better person

Discussion/Reflection:

Do you believe the notion that guilt and shame should be temporary, motivating factors only?

Do you agree and does it make sense that most of our days should be guilt and shame-free?

Would it be okay to let go of some of your shame/guilt?

Spiritually inclusive segment:

Aspects of guilt (review) and now, shame

Broken but loved

Choice vs. Chosen

How are we to use guilt and shame to be better people?

Forgiveness

Grace

Love

Discussion/Reflection:

How could shame affect our experience of God?

How could God help heal that shame?

Would it be okay to let go of shame and guilt (if you feel you can choose)?

Would it be okay to “be healed” or to be “chosen” (if you feel like you cannot choose)?

9. Guilt and Shame 3 (video: 16 minutes)

Letting Go of Shame

Change will feel different – beware of “emotional reasoning”

Techniques:

1. It is acceptable to let it go (temporary motivating factor only):

2. Accepting your humanness:

Discussion/Reflection:

Are humans perfect?

Are you human?

Is imperfection equal to brokenness?

Is imperfection equal to unacceptability?

3. Emphasizing your value:

Discussion/Reflection:

What creates value for people?

We all have limitless value – we all are equal!

Discussion/Reflection:

Are you willing to see yourself as a precious, fundamentally valuable human being?

4. Reject the lies! – The “Practice” approach:

Discussion/Reflection:

How can you practice thinking differently?

How can you fight emotional reasoning?

What reminders and “practices” can you think of?

What “lies” were told to you?

Would it be okay to see them that way and let them go?

5. The “Ticketed” approach:

Discussion/Reflection:

How does it feel to be accepted?

How does it feel to gain entry?

6. A “Rights” approach:

Discussion/Reflection:

Generate your own personal list of rights:

Discussion/Reflection:

Compare your list to other “Personal Bill of Rights” examples
(links on MyTherapySession.com)

7. The “Declarations” approach - Declaration of Human Worth and Value:

Discussion/Reflection:

Make a Declaration of your own Human Worth and Value

8. Affirmations

Short and Positive

Repeat and practice

Discussion/Reflection:

Create your own affirmations

What ideas do I have about how I will practice using them?

9. Guilt/shame exercise (Found at Mytherapysession.com)

Discussion/Reflection:

10. Nurturing the inner child

11. Confronting

Discussion/Reflection/Visualization:

Picture and nurture yourself as a child.

Imagine confronting the person who laid the shame on you.

12. Sounds

Water

Bell

Music

Others

Discussion/Reflection:

13. Have a “Shame-Free” day!!!

14. Poetry

15. Stories and writings

Discussion/Reflection:

Spiritually inclusive segment:

Letting go of shame:

God loves us

God values us

God wants us mobilized for action

Songs

Meditation

Discussion/Reflection:

Has your religion helped or hindered your shame?

Does God accept and love you?

Can you accept God's love?

10. Guilt and Shame 4 (video: 16 minutes)

Letting Go of Guilt

Techniques:

1. Pay the price:

Accept and be changed by the experience

Apologize

Discussion/Reflection:

Paying back

Restitution

Apology

2. Willingly dismiss it:

Discussion/Reflection:

Practice dismissing guilt.

3. Physically discard it:

Discussion/Reflection:

Practice discarding guilt.

4. Visualizations

Give it back:

Discussion/Reflection:

Practice giving the guilt back to the person who laid it on you.

5. Self-Forgiveness

Discussion/Reflection:

Practice forgiving yourself.

Claim “enough” punishment.

6. Accepting ourselves:

“Be”

Discussion/Reflection:

Practice “being”.

7. Claiming innocence / freedom:

Discussion/Reflection:

Practice claiming innocence / freedom.

Claim “another chance”.

8. Have a “Guilt-Free” day!!!

9. Poems / Stories / Artistic expression / Movies

Discussion/Reflection:

What are three things (at least) that you could do today to let go of your guilt (and shame)?

1.

2.

3.

Spiritually inclusive segment:

Letting go of guilt

10. Confession and forgiveness

Discussion/Reflection:

Practice confession and forgiveness

11. Adjusting the sensitivity or duration of our conscience

Religious contributions

God as judge and love

God's help in change

Grace

Faith

Mercy

Reconciliation

Restitution

Discussion/Reflection/Meditation:

How can these ideas help you let go of guilt?

Grace

Love

Mercy

Restitution

Confession

Forgiveness

Other suggestions?

What are three things you could do today to let go of guilt (and shame)?

11. Trauma 5 (video: 12 minutes)

Loss Introduction

Loss 1

Notes:

Everyone experiences loss

Blame can block grieving

Discussion/Reflection:

Is there anything I am blaming myself for when I look at my losses?

Why? (More in spiritually inclusive section)

Think about the following statement:

“Holding onto these things and punishing myself is only going to drain me of the energy I need to fix my situation right now.”

My reactions:

(Continue on blank sheets if needed)

Weaving the loss into who I am and how I will now live:

Discussion/Reflection:

Now, free of self-blame and shame, this is how I am going to weave these losses into who I am and how I am going to live the rest of my life:

“Normal Grief”

Time will heal

Shock and denial

Pain in vulnerability itself

Life changes forever

“Presence” of the lost

Anniversary reactions

Holidays are difficult

“Grief attacks”

Hopelessness and wish to be reunited

Associations

Discussion/Reflection:

Anger

Discussion/Reflection:

Is there any anger associated with the loss?

12. Loss 2

(video: 14 minutes)

Pathological Grief

1. Guilt

2. Blame

3. Clustered losses-Too many losses at one time

Attention is drawn to the latest one

“Should” be over the previous one(s)

Each loss requires:

Getting past the blame

Weave loss into how you will now live

4. Missed “Goodbyes”

Imagery potential

Letters

5. Honorary or “Memorial” brokenness

Caution about visiting a grave too frequently

There is greater honor in living with a memory than in the death of your own future.

Discussion/Reflection:

Clustered losses

Missed “Goodbyes”

“Honorary” or “Memorial” brokenness

6. Anger at the time of loss

7. Dying “Promise” or “Contract”

8. Rebuilding without primary support

Discussion/Reflection:

Anger at the time of death

Dying “Contracts”

Loss of primary support

9. Loss without recognition

10. Other losses

Medications and drugs during loss

Discussion/Reflection:

Unrecognized or unsupported loss

Specialized losses

Medications and drugs

Spiritually Inclusive segment:

(First, let go of blame)

Meaning / purpose - Why?

Fair?

Anger?

Bargaining with God

Survivor guilt

Ultimate reasons for loss:

Discussion/Reflection:

13. Trauma 6 (video: 15 minutes)

Trauma intro

Trauma

Victory found in mastery and desensitization

Don't run away (natural tendency)

Anger doesn't need to get desensitized and mastered; Trauma does

Discussion/Reflection/Application:

Do you believe that you probably need to deal with this trauma?

Mastery and desensitization of trauma

Various methods:

Journaling

Write every possible detail
Include all sense data
Be as detailed as possible

Master it – become desensitized to it

- Repetition
- Record and listen
- Mindful of various expected emotional responses
- Work on one at a time

Nightmares

Night time - write things down and attend to the next day

Group participation

- Power in telling others
- No more secrets

Avoid alcohol and benzodiazepines

Discussion/Reflection/Application:

Journaling about trauma(s)

Practice

At your own pace but keep going until it is done

There is no way around trauma. We must face the trauma and gain mastery over it. One of the most effective ways to do this is to write, in great detail, about traumatic events. Use descriptive and sense-based language to describe what happened to you, what you saw, smelled, tasted, heard, felt, etc. This is a difficult process and one that you might want to avoid. You have probably found out that avoiding it isn't helping and may not even be possible. It often comes out in dreams and flashbacks of the experience. We need to try something different. Ultimately, if you write it and review it enough, it becomes less shocking and you have power over it.

The trauma(s) I have had trouble getting over is (are):

Trauma description(s):

Trauma description(s) – (continue)

(Continue if needed)

Now, review what you have written frequently, start with reading it over every hour for the first few days. If you think of additional things that were traumatic about the event(s), add them to your narrative. As you get even “bored” with the events, they will not be as traumatic to you and you will increasingly realize how you have survived.

Keep track of how much better you are dealing with your trauma over time.

My description of how I feel about the trauma:

Day 1-

2-

3-

4-

5-

6-

7-

8-

9-

10-

(Continue as is helpful)

14. Trauma 7 (video: 15 minutes)

Pain and disability introduction

Pain 1

Notes:

Non-addictive reduction of suffering:

Pain is _____; suffering is _____.

Discussion/Reflection:

If you cannot take away the pain, would reducing the suffering be good enough?

Objectively rate your level of pain and suffering.

Possible interventions for pain/disability:

1. Antidepressants and anticonvulsants []
2. Cognitive Behavioral Therapy []
3. Diet and exercise []
4. Distractions []
5. Doing less []
6. Endogenous opiate mechanisms []
7. Energy strategies []
8. Gate theory []
9. Herbals and complimentary medicine []
10. Imagery []
11. Interpersonal issues []

12. Non-steroidal anti-inflammatory drugs []

13. Steroids and surgical means []

14. Chiropractic/manipulation []

15. Related problems []

16. Sleep improvement []

17. Smoking cessation []

18. Tension reduction []

19. Meaning and purpose []

20. Others []

Can you do something about suffering?

Self-esteem and confidence concerns?

“Self-Esteem and Goal Setting” track []

Discussion/Reflection:

Would the reduction of your suffering be good enough?

Would reducing suffering improve things for you? Would it make it better?

Is it at least worth investing your time and energy into this possibility?

15. Pain 2

(video: 7 minutes)

Contemplation phase:

What are your motivations for change?

Pros:

Cons:

What losses might you incur in letting go of suffering?

Do you want to do something about your suffering problem?

16. Pain 3

(video: 29 minutes)

Preparation phase:

Examine various interventions

The important thing is to start!

Discussion/Reflection:

Rate your pain and suffering again.

What date will you begin your program?

My next steps will be:

- 1.
- 2.
- 3.

(Optional) Spiritually inclusive segment:

17. Trauma 8 (video: 17 minutes)

Assertiveness and boundaries introduction

Assertiveness and Boundaries 1 (In context of Self-Esteem and having dealt with Trauma/Abuse)

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.”

18.) 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:

19. Trauma 9

(video: 1 minute)

Conclusion-

I am proud of what you have done!

Congratulations!