

Relationships

**Welcome back to  
CALM**

**WelcomeWelcome**



# What is Assertiveness?

Assertive communication involves the balance of expressing your feelings, needs, wants, and rights.. without violating the rights of others. It also involves considering the other person's feelings and needs, and being a good listener.

Activity: Where do you see yourself on this spectrum?

Passive

Assertive

Aggressive

**Passive**

**Assertive**

**Aggressive**

“Too Nice”

“Fair”

“Mean”

Deny My Rights

Acknowledge Everyone's Rights

Deny Others Rights

Suppress My Emotions

Respect Emotions

Explosive Emotions

Not Expressing My

## Does Niceness Cause Anxiety...wait, what!?

Dr. David Burns is a professor of psychiatry with Stanford University and world-famous author of books on topics like anxiety, depression, and self-esteem. In his book, "When Panic Attacks" (2006), he explains **The Hidden Emotion Model**.

This model contends that "niceness is the cause of all anxiety." Specifically, this perspective sees "nice people" suppressing emotions, which leads to anxiety issues. People who suppress emotions tend to be overly people-pleasing, and avoidant of "negative" emotions and interpersonal conflict.

From

## **Culturally-Informed Assertiveness**

Our cultural context always shapes the meaning of our interactions. For example, some assertiveness trainings say you need to have “good eye contact.”

What does that really mean though? Whose values determine if the eye contact is “good?”

In many cultures frequent eye contact is seen as being attentive and displaying self-confidence, while at the same time, this is seen as defiance and disrespect in some others. Remember to consider how culture shapes the way we each communicate.

Expanding cultural awareness, like other forms of awareness, serves us well in understanding and relating to ourselves, others, and the world. Also, being mindful of judgments as they arise can help us overcome this obstacle to greater understanding

## **Active Listening Skills**

Active listening involves focusing on what the person is communicating and showing that you understand what's being expressed. It works best when we can suspend judgment and focus on understanding. This skill can increase understanding,

**“Empathic Assertion”** has 2 parts

1. Recognize and validate the other person's needs, wants, beliefs, and/or

# **Types of Interpersonal Effectiveness**

In any situation, it's helpful to



# Let's Consider Forgiveness for a Moment: Why Forgive?

Dr. Fred Luskin, co-founder of the Stanford Forgiveness Project, has spent his life's work uncovering benefits of practicing forgiveness, and pioneering strategies to do so.

In his book, "Forgive for Good" he shares findings that forgiveness reduces depression, stress, and anger. Forgiveness also improves physical health and emotional well-being such as increased: hopefulness, spiritual connection, self-confidence, and healing in relationships.

*"Learning to forgive is good for... your mental and physical well-being and your relationships"*

- Fred Luskin

## What is Forgiveness?

Dr. Luskin explains that "Forgiveness is the moment to moment experience of peace and understanding that occurs when an injured party's *suffering is reduced* as they transform their grievance..

*"Resentment is like drinking poison and then hoping it will kill your enemies"*

- Nelson

## Preparing for a Loving Kindness Meditation

Let's have compassion for how difficult being self-compassionate can be, as well as the challenge of sending positive wishes toward someone that hasn't treated you well. Give yourself permission to feel a struggle or challenge at points during the meditation.

Also, consider for a moment someone in your life you can try to extend well wishes too. First, consider someone you can easily extend this to, and then someone who brings up some feelings of frustration or annoyance. It's usually best to not start with the most difficult person.

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## Chapter 3

3-Minute Breathing Space Meditation

Acceptance & Change

Dialectical World View - Dialectics

Pain & Panic Analogy- Getting unstuck from quicksand

Pain vs. Suffering

Radical Acceptance

Turning the Mind - Willfulness versus willingness

Willing Hands

Anxiety & Me - How anxiety reflects my strengths & values

Handouts and skills below are included in appendix

States of Mind: Emotional Mind, Reasonable Mind, Wise Mind

## Chapter 4

## Chapter 5

## **References & Recommended Resources**

American Psychological Association (APA) online webpage. From [apa.org](http://apa.org). Retrieved August 12, 2018, from <https://www.apa.org/topics/anxiety>.

Anxiety [Def 1].

## **References & Recommended Resources (continued)**

Medford, N., Sierra, M., Stringaris, A., Giampietro, V., Brammer, M., & David, A (2016).  
Emotional experience