

Active change

Session 5 – Assertiveness

Today's session

- Welcome
- Introductions
- Group agreements
- What is assertiveness?
- Your rights
- Saying 'No'
- Broken record technique
- Close and feedback

Introductions and check in

Hello! ... introductions

From the last session, how did you get on finding more support for yourself?



Assertivness (1/2)

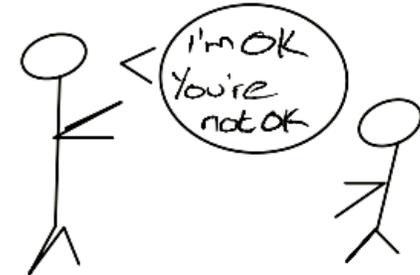
PASSIVE



ASSERTIVE



AGGRESSIVE

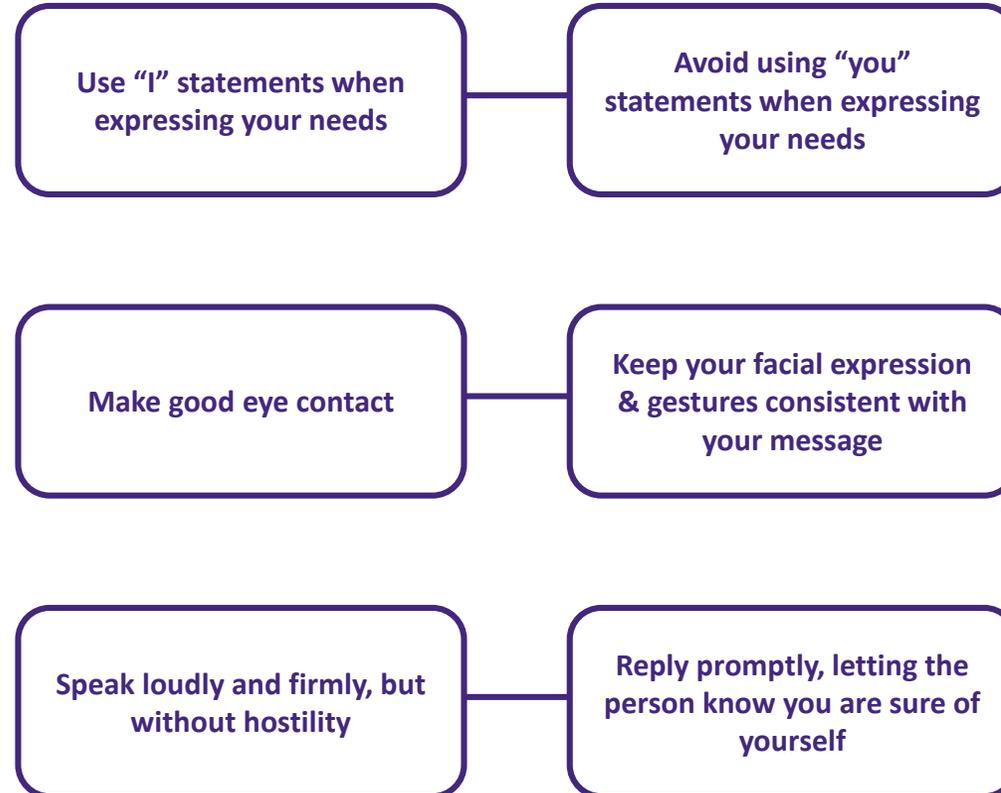
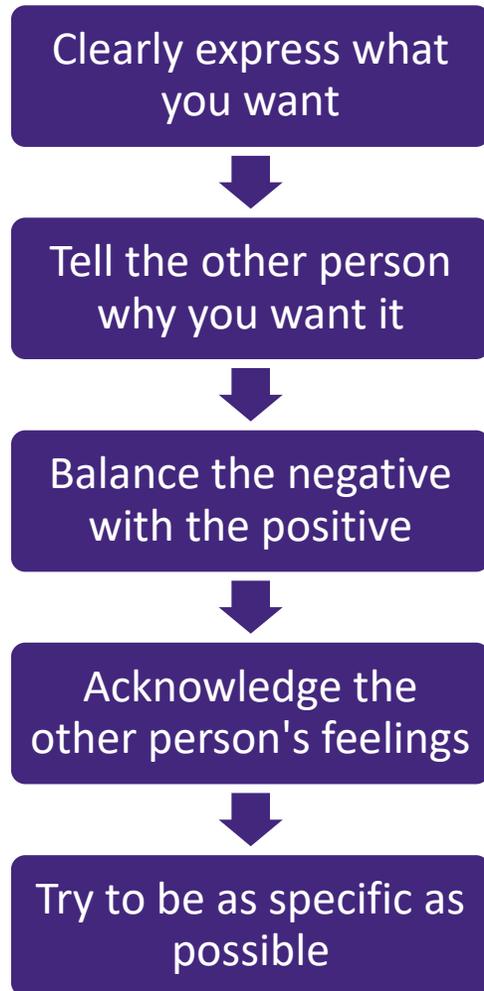


Assertivness (2/2)

PASSIVE	ASSERTIVE	AGRESSIVE
Thinking your needs don't matter at all	Recognising your needs matter as much as anyone else's	Thinking that only your needs matter
Give in	Compromise	Take
Not talking, not being heard	Talking and listening	Talking over people
Trying to keep the peace	Making sure things are fair for you and others	Only looking out for yourself
Allowing yourself to be bullied	Standing up for yourself	Bullying others
Not saying what you think, or saying anything	Express your point clearly and confidently	Can lead to shouting, aggression or violence
Damages relationship as others respect you less	Enhances relationship, others know where they stand	Damages relationship. People don't like aggression
Damages your self esteem	Builds your self esteem	Damages others self esteem



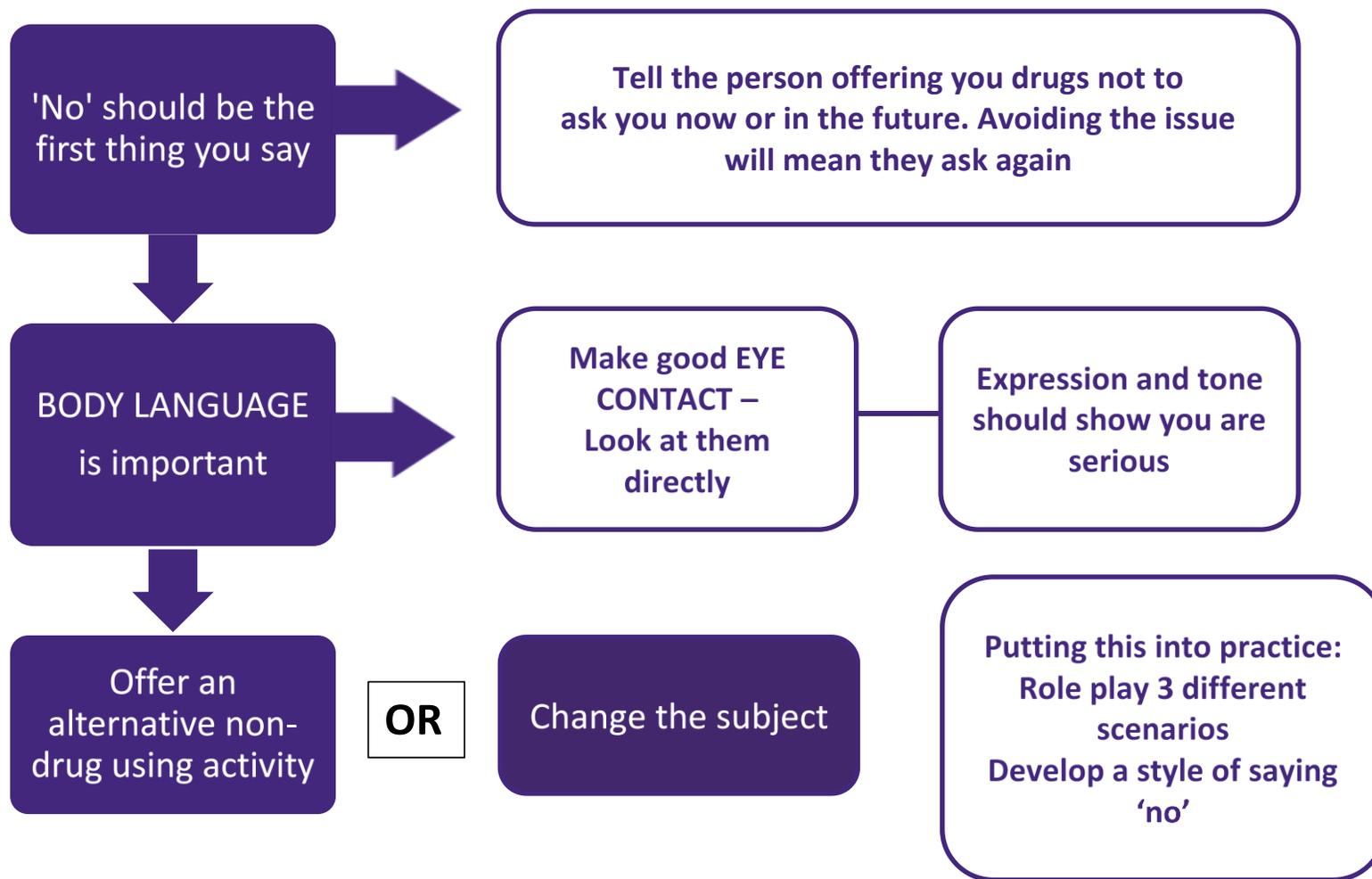
Being Assertive (without being rude)



My Bill of Rights

- I have the right to be the judge of what I do and what I think.
- I have the right to offer no reasons and excuses for my behaviour.
- I have the right to refuse to be responsible for finding solutions to other people's problems.
- I have the right to change my mind.
- I have the right to make mistakes.
- I have the right to say "I don't know".
- I have the right to make my own decisions.
- I have the right to say "I don't understand".
- I have the right to say "I don't care".
- I have the right to say "no" - without feeling guilty.
- I have the right to be miserable or cheerful.
- I have the right to be illogical in making decisions.
- I have the right to set my own priorities.
- I have the right to be myself without having to act for other people's benefit.

Components of effective refusal



How to be Assertive – strategies for saying ‘No’

There’s nothing wrong with saying ‘yes’, doing favours, or taking on responsibilities. Problems arise, though if you do these things because you can’t say no or don’t know how to do so. Here are some things to keep in mind for those times when you wish to say ‘no’.



- Use assertive body posture.
- Decide on your position before you speak.
- Wait for the question.
- Decide on your wording.
- Don’t apologise when it isn’t necessary.
- Don’t defend yourself or make excuses when it isn’t necessary.
- Don’t ask permission to say ‘no’.
- Strengthen your position.
- The broken record technique.
- Don’t wait for acceptance.
- Accept the consequences.

How to be Assertive – making requests

Many people are quite passive when it comes to making requests. They may feel they don't have the right to ask. Or they may fear the consequences of the request. The result: they avoid asking for help even when it is perfectly reasonable to do so. Consider these tips and observations about making requests.



- **What would you like to happen?**
- **What would be reasonable?**
- **Don't apologise for asking.**
- **Avoid putting yourself down as part of the request.**
- **Before making your request define the situation.**
- **Express how you are feeling in this situation.**
- **Use "I" statements.**
- **Be clear but brief.**
- **Frame the request positively.**
- **Focus on behaviour.**
- **Describe the outcome**
- **Perhaps if the person doesn't do what you request, you will do something they won't like.**

Feedback

- How has today been?
- Reminder about ‘Useful Resources,’ including mutual support
- Reminder about other DHI groups/local support groups
- Thank you for coming and the next session will focus on ‘Building Recovery Capital’ (i.e. the different elements of ourselves/our lives which will support our recovery).