

Week 1 Free Teleseminar Handout

To enrol for the following 3 weeks go to

www.openmindtherapy.co.uk/teleseminarconcourse.html

What is Assertiveness?

Assertiveness is often confused with aggressiveness

Assertiveness is _____

Aggressiveness is _____

Reverse side of the coin that most people come to classes for is not because they're aggressive but because they are passive.

Passiveness is _____

What are your underlying beliefs about who is in control of your life?

Now list who or what do you fear is controlling you. Is it status, money, inlaws, your children, your neighbours.

4 Week Assertiveness & Confidence Building Course

Who makes the decisions about your life? _____

Who is in control of your life? _____

Assertiveness is about having a

Now Answer these Questions.

Who used to be in control of my life? _____

What was the reason for their control over us?

Direct Control _____

Indirect Control _____

The Myth of Parental Control

We forget that once that overbearing need to protect us has passed, we don't need those injunctions any more. But we forget to get rid of them. We don't know how. We limit our power and how we give ourselves our self esteem because of what we've been told by the two most powerful people in our lives.

So now you will learn how to take control of your life. You do not have to wait for permission to do this. You can learn how to do it from this hour onwards. Ok?

What frightens us about taking control or being assertive?

Do you recognise yourself in these language patterns? Write your own next to them. Write down the ones you use the most. You should be amused by now.

Passive: "Do you mind if...."

Aggressive: " If you don't I'll

Manipulative: "You'll be sorry when

Assertiveness: " I'd like to...how would that affect you?"

Assertiveness is _____

4 Week Assertiveness & Confidence Building Course

- *If we don't ask for what we want, we put up with what we have.*
- *If we don't say what we want, someone else will say it for us.*

3 tips for being more assertive:

The Record's Stuck

Compromise

Fogging

4 Week Assertiveness & Confidence Building Course

Homework

The reason for the 4 weeks is so that you can go out and practice some of these lessons between weeks. If you have questions email me on jenny@theopenmindguide.com and I'll try to answer them. If you seriously want to learn from this course, you need to practice what I'm teaching you.

Your homework for week 1 is to start to hear yourself using language patterns that fit into one of the ones mentioned on page 3. Become aware of what you really want to say and what you don't say. Start a journal writing down what you wished you'd said and what you don't dare to say. This process will help you become conscious of what, at the moment, drives you subconsciously. While it's subconscious, it's convincing you that you are not good enough etc. When you start to capture it in your conscious mind, you can start to 'out' it and realise that it's just old programming.

If you wish to join the rest of the course you need to go to www.openmindtherapy.co.uk/teleseminarconcourse.html and make your subscription. The next 3 calls will cover:

- How to deal with angry exchanges
- How to deal with giving and receiving criticism
- How to say No and feel ok.

You can learn enough on these calls to kick start your newfound assertiveness and confidence. And you can pass on this information to friends, family and clients (if you are a therapist). I look forward to meeting you again next week.