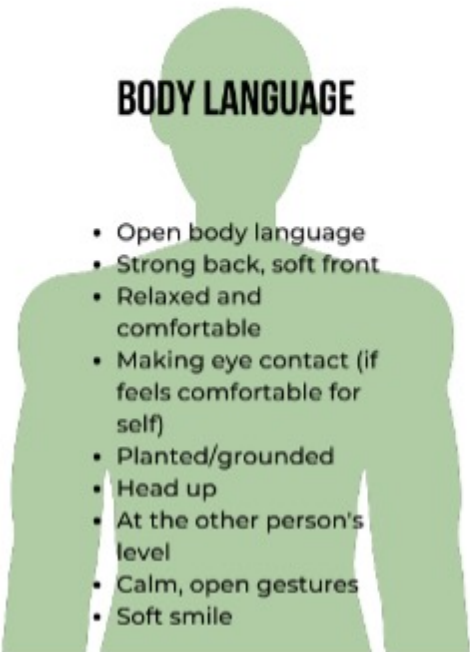


HANDOUT 10.6: RECOGNIZING ASSERTIVE COMMUNICATION

Below are described some "hows," some ways through which compassionate assertiveness can express itself. What characteristics do you feel you have? What characteristics do you feel would help you grow in your assertiveness? In compassionate assertiveness, it is also important to remember "why" we want to learn to express our needs: not to prevaricate others, or to "be better," but to help ourselves (become more validating of our needs), create more authenticity in our relationship, and ultimately help the other person as well (if nothing else, to help them to know us better).


RECOGNIZING ASSERTIVE COMMUNICATION

BODY LANGUAGE




- Open body language
- Strong back, soft front
- Relaxed and comfortable
- Making eye contact (if feels comfortable for self)
- Planted/grounded
- Head up
- At the other person's level
- Calm, open gestures
- Soft smile

VOICE



- Calm
- Steady
- Even
- Sincere
- Audible
- Reassuring
- Certain
- Varied pitch and tone
- Interesting and interested
- Positive

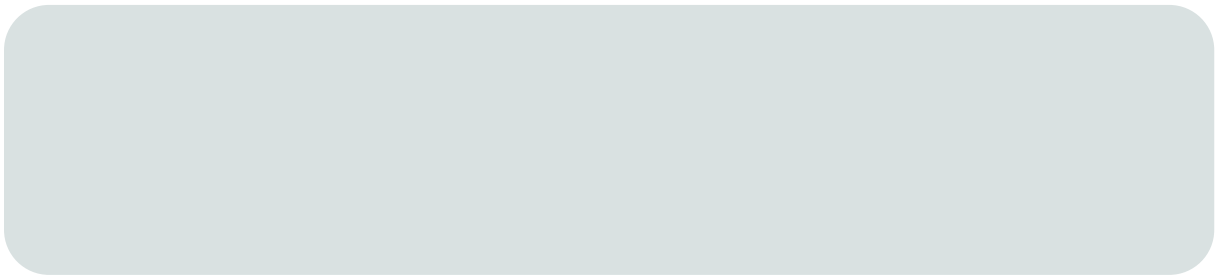
WORDS



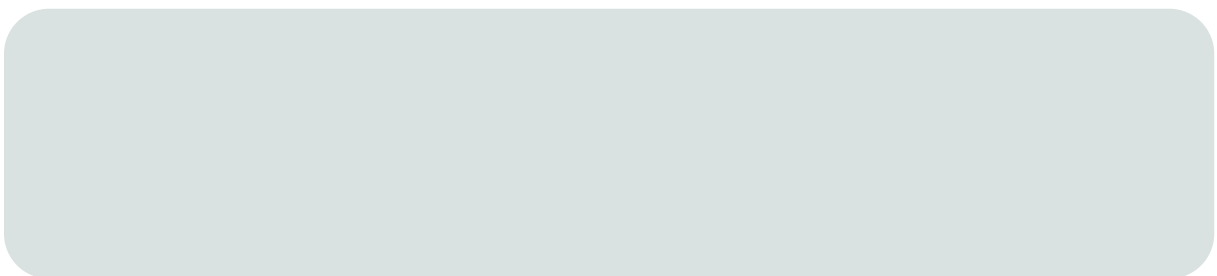
- Shall we
- What do you think
- I need
- My thoughts are
- I feel that
- Thank you
- What is your opinion of
- I'm not sure I agree with...
- In my opinion...
- Can I have a moment to think about that?
- Can we take a pause and come back to this later?
- What do you need
- Thank you for your idea

What other elements would you add?

Body language



Voice



Words

