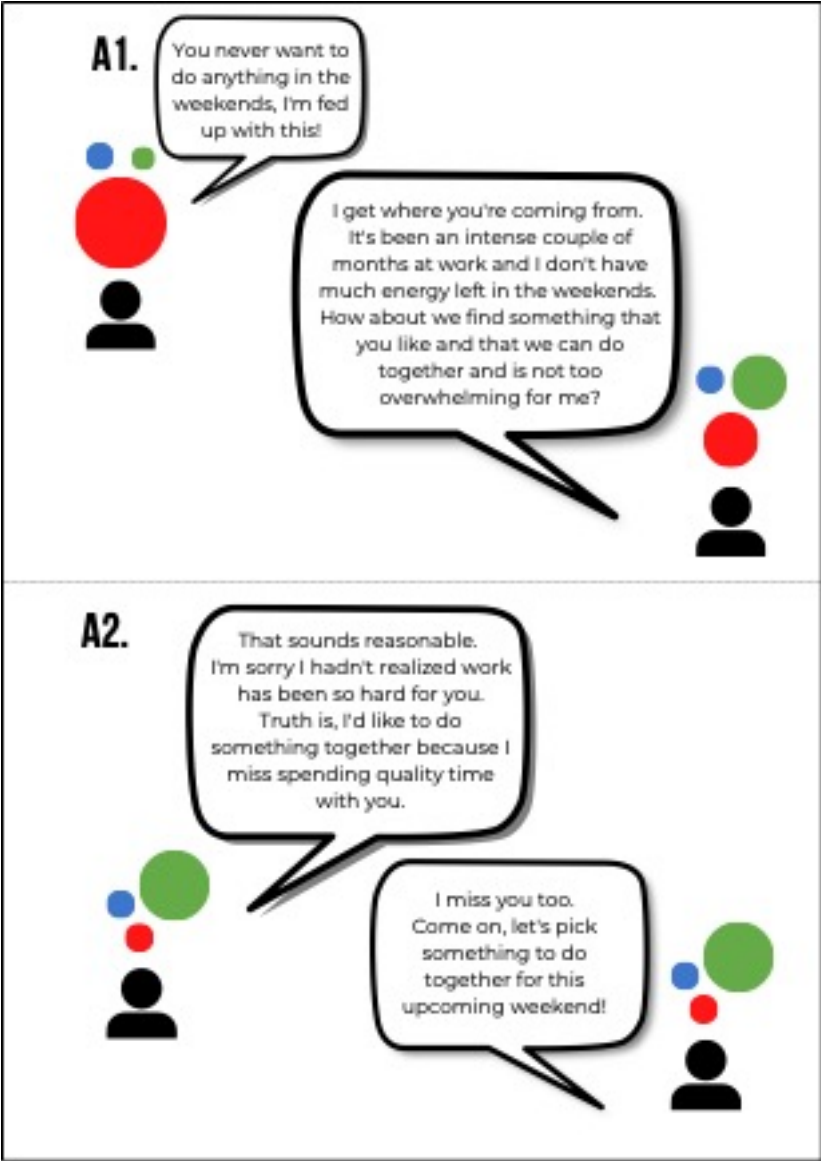
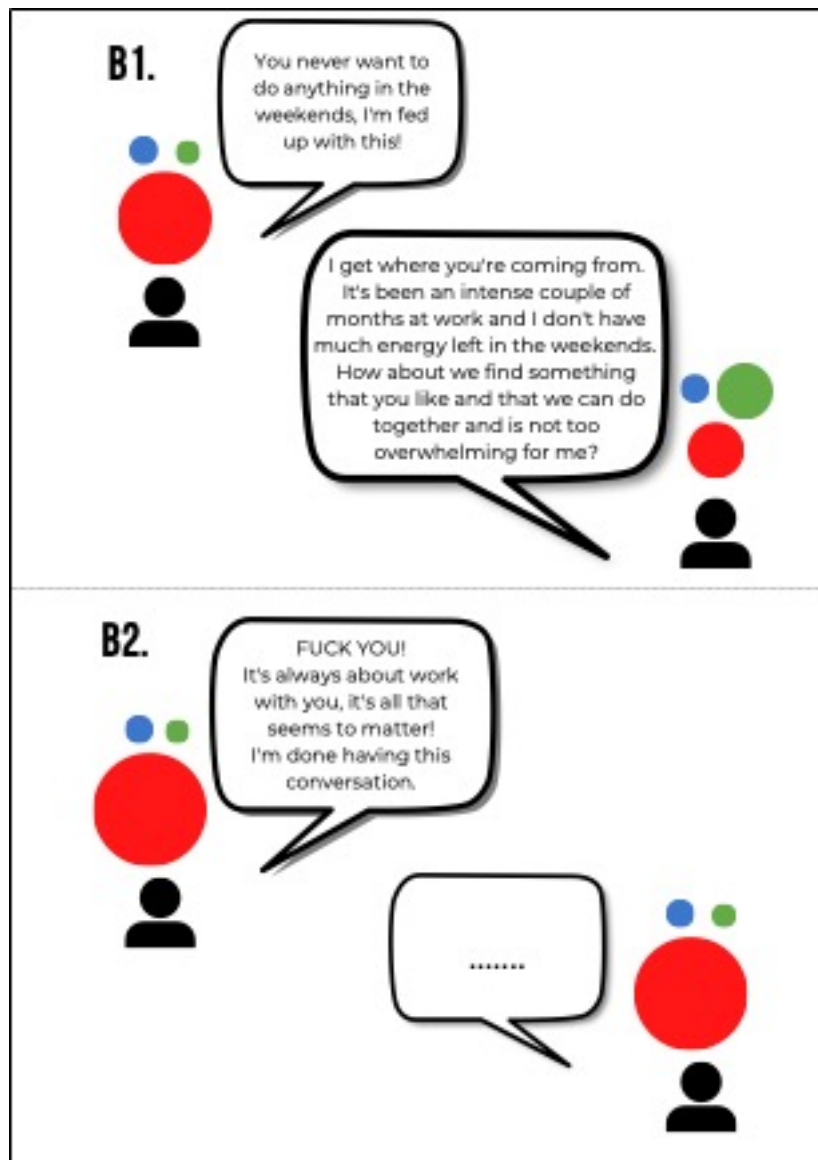


HANDOUT 10.7: ASSERTIVENESS IS NOT THE OUTCOME



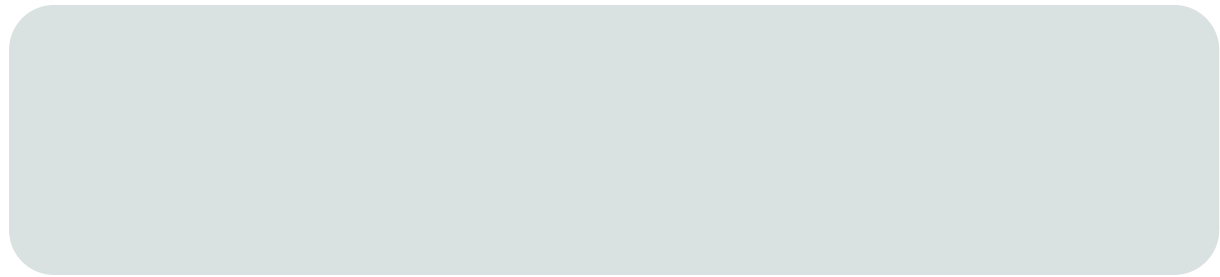
Assertiveness resulting in resolution



Assertiveness resulting in rupture

Have you ever found yourself in a situation similar to B2? You can describe it here if you wish:

How did you feel? What did you do?



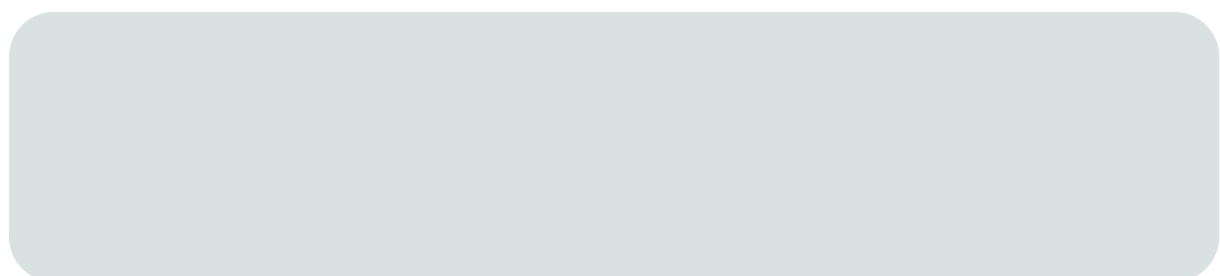
Now, start activating your Compassionate-Self by connecting to your soothing rhythm breathing, your friendly facial expression, your gentle touch and grounded and open posture.

Focus on the motivation of the Compassionate self: to be understanding, validating, respectful and helpful to ourselves, while listening and trying to meet the needs of others.

Remember, it is not our fault if it is hard for us to express our needs in an assertive way and if conflicts arise – the difficulty in finding compromises between our needs is part of human nature.

At the same time, we nurture the intention to learn and cooperate in doing so, because we want to improve our relationship with ourselves and others (by making it more authentic for example).

How might your Compassionate Self have helped you face that moment of rupture? What would have felt supportive and helpful?



OPTION 1: if it is helpful, you can imagine observing from the outside your compassionate self interacting with the other person

OPTION 2: if it is helpful, you can imagine having your compassionate creature by your side, offering you support in this interaction. How would you respond, if you knew you had this creature by your side, if you felt all the safeness that they provide?