



Christian Caregiving ASSERTIVENESS

Assertiveness defined

- ▶ What do you think of when you hear the word?
- ▶ Synonyms?
- ▶ Antonyms?

Assertiveness defined

- ▶ Assertiveness is a positive, constructive way of relating in which a person clearly, directly, and confidently expresses his or her own needs, wants, feelings, and opinions—while also respecting the needs, wants, feelings, and opinions of others.

Assertiveness defined

- ▶ It is a positive, constructive way of relating
 - ▶ It comes from a desire to build people up rather than tear them down
 - ▶ It shows respect and care for others and themselves
 - ▶ Those who communicate assertively see themselves and others as valuable people, loved by God and worthy of respect

Assertiveness defined

- ▶ It is about expressing yourself clearly, directly, and confidently
 - ▶ It may involve making requests of others and responding to requests that others make of you.

Assertiveness defined

- ▶ It is about expressing your own needs, wants, feelings, and opinions, recognizing that they are relevant and worthy to be heard.
 - ▶ Recognizing your value as a child of God, you don't need to feel reluctant to say what's on your mind and in your heart.
- ▶ Assertiveness respects the needs, wants, feelings and opinions of others.
 - ▶ Everyone is valuable in God's sight and thus worthy of respect.

What Assertiveness is Not

- ▶ It is not passive
 - ▶ Passive behavior is when a person holds back from expressing his or her needs, wants, feelings, and opinions. The person is reluctant to make decisions, hold any particular position, or take appropriate action—and instead often goes along with the wishes of others regardless of what he or she personally wants or what is in his or her best interests.
 - ▶ What does that look like in a caregiving relationship?

What Assertiveness is Not

- ▶ It is not aggressive
 - ▶ Aggressive behavior is when a person relates in a forceful, harsh, or controlling manner. The person puts his or her own needs, wants, feelings and opinions above others' and may use demands, insults, sarcasm, manipulation, and other tactics to get his or her own way.
 - ▶ What could that look like in a caregiving relationship?

Three Steps to Relating More Assertively

- ▶ 1. Decide whether to be assertive. Ask these questions:
 - ▶ Is this a real problem—and how do I know it is?
 - ▶ Is this the time and place to respond assertively?
 - ▶ What are my chances of at least a small measure of success initially?
 - ▶ Am I willing to invest time and energy and face some possible risk in order to make the change?
 - ▶ Will I stay relatively calm while I try new, assertive behaviors, not letting fears or anxieties overwhelm me?

Three Steps to Relating More Assertively

- ▶ 2. Decide what to say
 - ▶ Say something rather than nothing
 - ▶ Be honest
 - ▶ Use “I” messages
 - ▶ Speak for yourself
 - ▶ Avoid quoting other people or other groups who share your opinion
 - ▶ Speak only about your own thoughts and feelings

Three Steps to Relating More Assertively

- ▶ Make “I want” statements
 - ▶ Ask for specific behavior changes in clear, direct language.
 - ▶ Don’t use go-betweens to carry your message
 - ▶ Be honest with the person about what you think, feel, and what you’d like to change
- ▶ Combine “I want” statements and “I” messages
- ▶ Avoid labeling
- ▶ Be concise
- ▶ Don’t apologize for being assertive
- ▶ Avoid sarcasm
- ▶ Be as persistent as necessary

Three Steps to Relating More Assertively

- ▶ 3. Decide what to do
 - ▶ Preparation prevents poor performance