

# Life

## #5: When you need to stand up to someone

### How To Be More Assertive

#### 1. Accept \_\_\_\_\_

Assertiveness is the ability to express your feelings, opinions, beliefs, and needs directly, openly and honestly, while not violating the personal rights of others.

**Ephesians 4:15** ...speaking the truth in love...

Passive-----Assertive-----Aggressive

**Ephesians 3:17-19** ...and may you be able to feel and understand ... how long, how wide, how deep, and how high his love really is; and to experience this love for yourselves, though it is so great that you will never see the end of it or fully know or understand it.

**1 John 4:18** There is no fear in love. But perfect love drives out fear...

#### 2. Accept the truth that \_\_\_\_\_

**Genesis 1:26** Then God said, "Let us make human beings in our image, to be like us..."

**Proverbs 11:6** Honesty can keep you safe, but if you can't be trusted, you trap yourself.

**Proverbs 16:13** Kings take pleasure in honest lips; they value a man who speaks the truth.

#### 3. \_\_\_\_\_

**Matthew 5:37** Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one.

- A - Activating factor (Your mom insults you)
- B - Belief that's distorted (I deserve to be treated that way)
- C - Emotional Consequence (You become passive)
- D - Dispute the negative thought (I did NOT deserve that)
- E - Exchange it for a positive thought

#### Because I am created in the image of God, I have these rights...

- The right to have and express my own feelings and ideas
- The right to be listened to and taken seriously
- The right to ask for what I want
- The right to get some of my own needs met
- The right to be treated with respect
- The right to say "no" at times and not feel guilty
- The right to ask for information from others

#### What I am responsible for:

1. Being honest with others about my needs.
2. My reactions and responses to others.
  3. My relationship with God.
  4. What comes out of my mouth.

#### What I am not responsible for:

1. Others feelings and reactions.
2. Their health and life choices.
3. Their relationship with God.
4. Their reaction to me.
5. Fixing other people's sad feelings and problems.

#### Assertiveness when you have time to plan

- \*Name the behavior: You are yelling at me
- \*Express your feelings: I don't like it
- \*State the action you expect: I want it to stop
- \*Identify how you'll handle it: I will leave until you cool down

#### Assertiveness when you don't have time to plan

- \*Derail the decision: "Let me get back to you on that"
- \*Be honest: What does God want? What do I want?
- \*Stick to your answer: "It doesn't work for me at this time"