

So let's take a look at what motivates our choices to be:

Passive

Passive Aggressive

Aggressive

Assertive

Fear/Insecurity/Low Self Worth

Causes us to be

Name some behaviors that you have noticed in yourself or others:

- At Home
- At Work

Passive

Results in feelings of:

- **Resentment**
- **Anger**
- **Helpless**
- **Fear**
- **Unsure**
- **Disrespected**
- **Uncared for**
- **Unimportant**
- **Not worthy**

What happens to the relationship?

Fear/Insecurity/Low Self Worth

Causes us to be

Name some behaviors that you have noticed in yourself or others:

- At Home
- At Work

Passive Aggressive

Results in feelings of:

- Resentment
- **Anger**
 - **Helpless**
 - **Fear**
 - **Unsure**
 - **Disrespected**
 - **Uncared for**
 - **Unimportant**
 - **Not worthy**

What happens to the relationship?

Fear/Insecurity/Low Self Worth

Causes us to be

Aggressive

Results in feelings of:

- **Anger**
- **Resentment**
- **Fear**
- **Unsure**
- **Superiority**
- **Control**
- **Dominance**
- **Satisfaction**
- **Better than others**

Name some behaviors that you have noticed in yourself or others:

- At Home
- At Work

What happens to the relationship?

Positive Self –Esteem/Confidence/

Causes us to be

Assertive

Results in feelings of:

- **Satisfaction**
- **Respect**
- **Understanding**

Name some behaviors that you have noticed in yourself or others:

- At Home
- At Work

What happens to the relationship?

Which style is the most mature?

Who is the Martyr?

Who is the Wimp?

Who is the Bully?

Who is the Team Player?

Who is the most Selfish?

Which Style would have the best relationship-work-team player potential?

Welcomed Healing Harmony – Conflict Management group this morning and opened session with the Serenity Prayer. Reviewed the ways we can respond to others (passive, passive aggressive, aggressive, or assertive.) Talked about the internal motivations and thought patterns associated with each and how each will affect relationships. If one experiences fear and insecurity in the relationship they will respond in a passive, passive aggressive, and/or aggressive manner to relationship conflict. If one experiences give and take, equality and value then one reinforces this with assertive responses. The choice is ours.

Plan:

- Continue encouraging assertive communication skills
- Begin study and processing of emotional intelligence.

able to actively participate in group interaction with examples from personal life experiences.