

Conflict Management Group

Group 2 Understanding the WHY of our Behavior/Choices

Let's review what we talked about last time:

- What are the 3 ways of getting our needs/wants/desires?
 - This attitude says' that I'm really not important....
 - This attitude say's that I'm the most important...
 - This attitude say's that we're BOTH important...

There are several ways that we acquire behaviors such as Passive, Aggressive, or Assertiveness.

- Nature Vs Nurture process in life
- Genetics
 - We are wired from birth.
- We learn from others how to get what we want.
- We behave a certain way – and find that it “works” to get our way.
- Our self esteem may be damaged or underdeveloped because of life experiences.

How do we know which style of interaction we prefer?

Let's take a test.

Handout – The Assertiveness Inventory

Ticket:

Welcomed Healing Harmony- Conflict Management group this morning and opened session with the Serenity Prayer. Proceeded to introduce group process/discussion topic of understanding the “why” of our behavior/choices. Talked about ways that we acquire behaviors and what influences our choices. Each client then took “The Assertiveness Inventory” to determine their current preferred style of interaction with significant others.

Plan:

- Continue positive peer support and encouragement.
- Next class/group will focus on understanding respect and how this value is achieved.

Individual Note:

willing to take inventory and discuss with peers the possible outcomes, and whether this felt like an “accurate” reflection of their habitual style.