

## AUTHENTIC ASSERTIVENESS:WHAT A CHALLENGE!

### INTEGRATION OF THE BOOK *STANDING UP... THE ART OF "EXISTING"*

#### 1. PRESENTATION FOR THE PUBLIC

You can learn to become assertive. If you desire to remain yourself in daily life, in a harmonious and autonomous way, without going into non-existence or over-assertiveness, this accompaniment group could be a compass for you.

The specific objective of this accompaniment group is to learn what it is to "exist" authentically.

We will look at what wholesome assertiveness is and at what we need to achieve it. We will also look at the difficulties we may encounter along the journey.

**Conditions for participating: having followed one PRH workshop.**

#### 2. OBJECTIVES

- Learn to identify what is authentic assertiveness which involves the whole person.
- Become aware that meeting in a wholesome way certain essential needs (need for recognition, to feel appreciated and safe) is a basis for authentic assertiveness, and involves taking responsibility for these needs.
- Become aware that relational maturity develops in several stages, and verify where we are on that path.
- Look at disproportionate and recurrent reactions and at maladjusted ways of functioning that hamper assertiveness.
- Become aware that progress in authentic assertiveness takes place on three paths of growth and require a commitment on each one.

### **3. CONTENT OF THE ITINERARY**

#### **1<sup>st</sup> meeting – Getting underway**

#### **2<sup>nd</sup> and 3<sup>rd</sup> meetings – Authentic assertiveness is rooted in the being**

Authentic assertiveness is linked to the four dimensions of the being.

#### **4<sup>th</sup> and 5<sup>th</sup> meetings – Being assertive involves our whole person**

Become aware of the influence of all the pivotal centers of the person on authentic assertiveness.

#### **6<sup>th</sup> meeting – Assertiveness requires that we take certain normal needs into consideration**

Recognize the three essential needs and the ensuing responsibility regarding these needs so as to live authentic assertiveness.

#### **7<sup>th</sup> meeting – Autonomy is an interaction between authentic assertiveness and adaptation**

Pause at the various stages that lead to relational maturity.

#### **8<sup>th</sup> meeting – When existing is no longer a certainty**

Become aware of maladjusted ways of functioning and of the disproportionate and recurrent reactions that are detrimental to authentic assertiveness.

#### **9<sup>th</sup> meeting – Authentic assertiveness: a journey**

Become aware that progress in assertiveness is a journey on three paths. Assess where we are.