

## SOME IDEAS ABOUT ASSERTION

### ASSERTION: THE CONSTRUCTIVE USE OF PERSONAL POWER

THE BEST METHODS OF ASSERTION ALLOW YOU TO TAKE CHARGE OF YOUR LIFE AND THE MANY SITUATIONS YOU ENCOUNTER IN A CONSTRUCTIVE, CORRECT, AND COOPERATIVE WAY.

There are four primary areas of assertion:

1. Learn to say yes and openly ask for what you want.
2. Learn to say no and openly deny what you do not want.
3. Learn to express, constructively, your "positive" feelings.
4. Learn to express, constructively, your "negative" feelings.

EARLY TRAINING IN THE LACK AND AVOIDANCE OF ASSERTION BEGINS IN EARLY CHILDHOOD AND IS REINFORCED BY FAMILY, FRIENDS, SCHOOL, AND MANY OTHER INSTITUTIONS, (TV)

THE "STROKE ECONOMY" DEMONSTRATES THE RULES FOR "NICE AND QUIET, GOOD CHILDREN"

#### THE ORIGINAL POWER PLAY OF OUR CHILDHOOD: THE STROKE ECONOMY RULES

- |    |       |               |                         |                        |
|----|-------|---------------|-------------------------|------------------------|
| 1. | DON'T | <b>ASK</b>    | FOR STROKES.            | ( see also SCRIPTS     |
| 2. | DON'T | <b>GIVE</b>   | STROKES.                | PEOPLE LIVE by Claude  |
| 3. | DON'T | <b>ACCEPT</b> | STROKES YOU WANT.       | Steiner for more about |
| 4. | DON'T | <b>REJECT</b> | STROKES YOU DON'T WANT. | the Stroke Economy.)   |
| 5. | DON'T | <b>STROKE</b> | YOURSELF.               |                        |

Everybody around us now, as well as the people who raised us, have values of their own, and feelings that they will protect by using rules, sometimes at almost any cost. We all have been told "don't say embarrassing things", or "don't insult" people. What they mean by embarrassing or insulting may be nothing more, to you, than saying what you want or don't want. Children often don't want to be touched or picked up by others. "Now dear, be nice to Aunt Mary." "Now dear, we never ask other people how much money they make."

Power plays fall into two categories that prey on people's vulnerabilities:

1. Intimidation about the other's physical safety and well-being.
2. Intimidation about the other's psychological fears of some loss.

POWER PLAYS: THE MOTIVE IS TO OBTAIN SOMETHING FROM SOMEONE AGAINST THEIR WILL.

#### POWER MYTHS

1. WE ALL HAVE EQUAL POWER.
2. PEOPLE ARE BASICALLY POWERLESS.
3. WE ARE AS POWERFUL AS WE WANT TO BE.
4. PEOPLE HAVE COMPLETE POWER OVER THEIR OWN EXPERIENCES AND DESTINY.



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.