

IDENTIFYING HOW I COMMUNICATE

This activity will allow participants to identify their own communication habits in their relationships using a chart and to understand the impact of different types of assertiveness.

MATERIALS

- Printer and paper
- Pencils for participants
- TBoard and chalk or pencil
- Appendixes 1.1 «Four types of assertiveness», 1.2 «My self-affirmation» and 1.3 «Group discussion»

HOW IT WORKS

- Presentation of the different types of assertiveness (Sheet 1.1)
- Identifying one's own types of assertiveness (Sheet 1.2)
- Group discussion and conclusion (Sheet 1.3)

INSTRUCTIONS

1. Print out the table of assertiveness types beforehand (Sheet 1.1) and Sheet 1.2
2. Distribute a copy of the table to each participant and read the contents of Sheet 1.1
3. Distribute Sheet 1.2, read the instructions aloud and allow 10-15 minutes to complete the chart and answer the question.
4. Invite participants to volunteer their answers to the questions in Sheet 1.3, and record the answers on the table. Complete with the answers provided on the form if any are missing.
5. Conclude the activity by reading the conclusion at the end of Sheet 1.3



FOUR TYPES OF SELF-AFFIRMATION

The basis of healthy communication in intimate relationships is to assert your needs in the right way. There are four types of self-affirmation: assertive, passive-aggressive, aggressive and manipulative.

1. ASSERTIVE

Expressing to the other person, in a clear, frank and appropriate manner, your emotions, thoughts and opinions so as to defend your rights while respecting those of others. Assertiveness is the healthy way to express yourself in your interactions with others.

2. PASSIVE-AGGRESSIVE

Not asserting your needs, thoughts and feelings or doing so indirectly, inappropriately and at the expense of the other's rights.

3. AGGRESSIVE

Expressing your needs, thoughts and emotions in a direct way in an attempt to enforce your rights, but inappropriately and at the expense of the rights of others.

4. MANIPULATIVE

Expressing your thoughts, needs and emotions to defend your rights, but dishonestly and indirectly, thus at the expense of the rights of others.



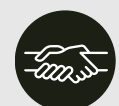
ACTIVITY SHEET 1.1

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You can print this summary table and distribute it to the participants. or display it on a screen for them

FOUR TYPES OF SELF-AFFIRMATION

TYPES OF SELF-AFFIRMATION	EXPRESS YOUR NEEDS, THOUGHTS AND FEELINGS... ÉMOTIONS...	CLEARLY	OPENLY	APPROPRIATELY	WHILE STANDING UP FOR YOUR RIGHTS	AND RESPECTING THE RIGHTS OF OTHERS
ASSERTIVE	YES	YES	YES	YES	YES	YES
PASSIVE-AGGRESSIVE	NO	NO	-	NO	NO	YES
AGGRESSIVE	YES	YES	YES	NO	YES	NO
MANIPULATIVE	YES	NO	NO	-	YES	NO



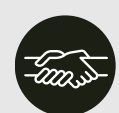
ACTIVITY SHEET 1.2

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MY SELF-AFFIRMATION

- In the first column, identify 1 or 2 upsetting situations that have ever happened to you in your interpersonal relationships.
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- In the second column, explain what you did to remedy the situation (words used, actions done or not done).
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- In the third column, describe what the result of your actions (or inactions) has been and give a score out of ten to indicate how well you achieved the desired result (0 = not at all what I wished for and 10 = exactly what I wished for).
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- In the fourth column, enter the emotion(s) felt at that time.
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- In the last column, indicate the type of behaviour to which your reaction corresponds (assertive, passive-aggressive, aggressive or manipulative).

SITUATION	ACTION TAKEN (verbal or behavioral)	RESULT OBTAINED AND SCORE OUT OF TEN	EMOTION(S) FELT	ASSERTIVENESS TYPE
SITUATION 1				
SITUATION 2				

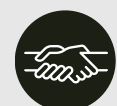


MY SELF-AFFIRMATION

if you did not obtain the desired results, what do you think would have made it different?

Does this reflect a healthy assertiveness?

If you obtained the desired results, what have been the strong points of your actions and what are the points to be improved to promote healthy communication?



ACTIVITY SHEET 1.3

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GROUP DISCUSSION

What do you think are the advantages and disadvantages of being passive-aggressive, aggressive or manipulative?

SELF-AFFIRMATION	ADVANTAGES	DISADVANTAGES
PASSIVE-AGRESSIVE		
AGRESSIVE		
MANIPULATIVE		

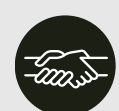
ANSWERS

Short-term benefits :

To please others, avoid conflict and get what you want.

Long-term disadvantages :

Causing frustration, dissatisfaction, anxiety, a feeling of being misunderstood, social difficulties and depressive affects.



GROUP DISCUSSION

What do you think are the advantages and disadvantages of being assertive?

ADVANTAGES	DISADVANTAGES

ANSWERS

Short-term disadvantages :

May require more work and energy when we are not used to expressing ourselves in this way, and may require dealing with unpleasant emotions like fear of offending, frustration over a rejection, etc.

Long-term benefits :

Allows us to get what we want in an efficient way and while preserving our relationship with others. At the end of the day, assertiveness increases self-respect and confidence and also makes others respect us.

Ask participants what they learned from this activity. Conclude that it's better to use assertiveness because it has more long-term benefits than the other three types of assertiveness.

