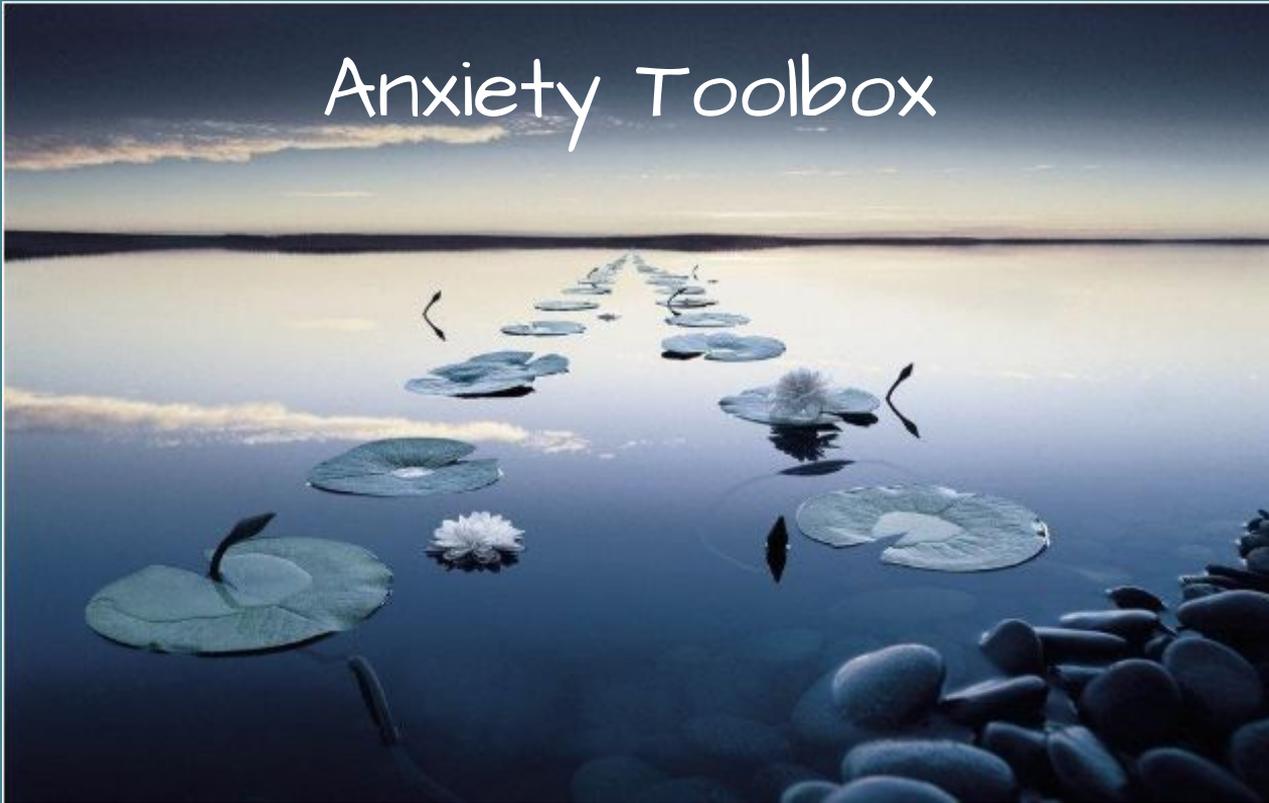


Anxiety Toolbox



**Presented by CSUEB Counseling Services
Week 13 - Assertiveness**



Let's Stretch . . .



A Few Zoom Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Confidentiality, and Zoom limitations

Community Agreements

- Push yourself to participate
- Focus on your own experience
- Share headlines, not details
- Ask others before giving them feedback
- Step forward, step back
- Assume positive intent from others
- Take responsibility for your needs

Introductions:

Share your name, year @ CSUEB, major &
a superpower you wish you had



Intention's for Today's Group

- Alternate Nostril Breathing
- What is Assertiveness?
- Does Niceness Cause Anxiety?
- Assertive Communication Skills
- Holding Your Ground: Saying “No”
- Empathic Assertion
- Loving Kindness Meditation

My Anxiety Meter

Alternate Nostril Breathing

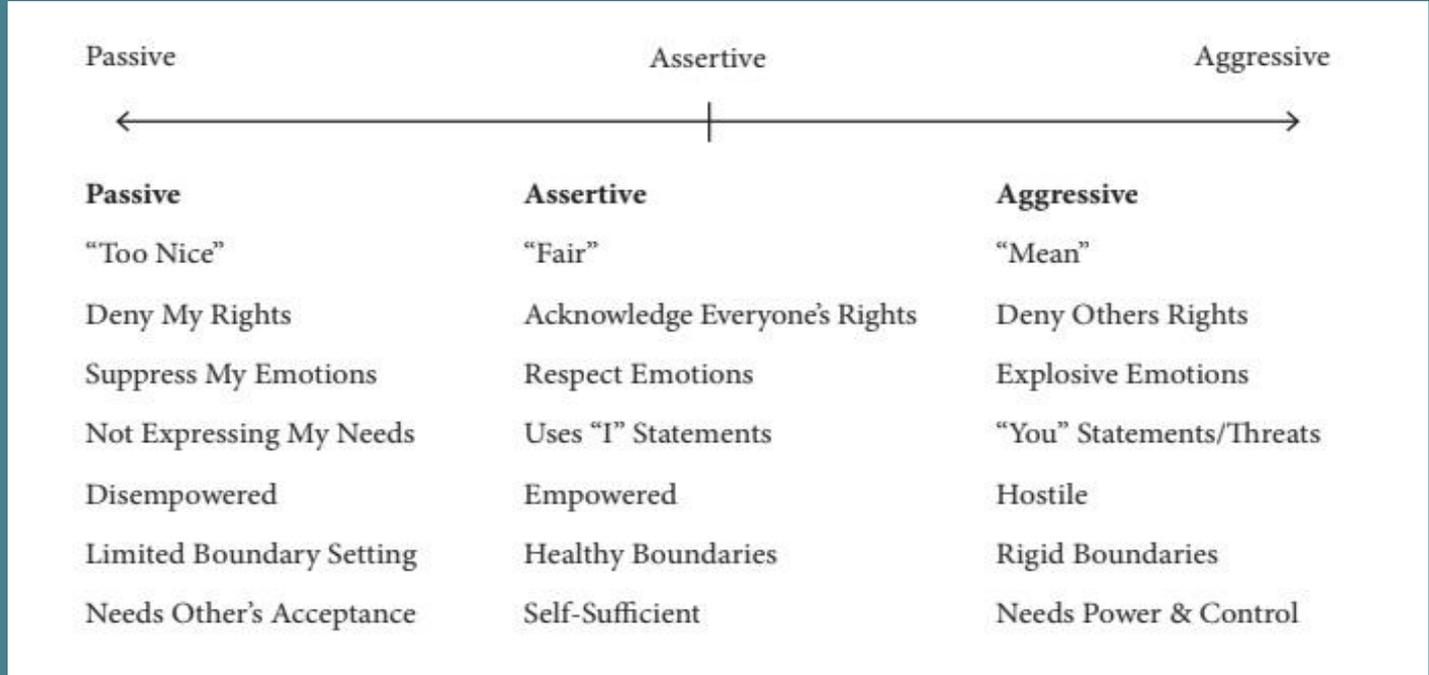


What is Assertiveness?

Assertive communication involves the balance of expressing your feelings, needs, wants, and rights...without violating the rights of others. It also involves considering the other person's feelings and needs, and being a good listener.

Where do you see yourself on this spectrum?

How can you move closer to the middle?



Being More Assertive - Setting a personal goal:

Think about one area or person in your life with whom you want to practice being more assertive.



Does Niceness Cause Anxiety?

Dr. David Burns is a professor of psychiatry with Stanford University and world-famous author of books on topics like anxiety, depression, and self-esteem. In his book, “When Panic Attacks” (2006), he explains The Hidden Emotion Model.

Some psychologists hold that “...niceness is the cause of all anxiety.” In an effort to always be seen as “nice,” people suppress their negative emotions. Trying to please everyone and avoid conflict can cause a bottle-up of negative feelings, which resurface in disguise as anxiety.

Can you see any ways “hidden emotions” or being “too nice” may be playing a role in your anxiety?

Holding Your Ground: Saying “NO”



Do you find yourself putting others' needs above your own, time and time again? Many feel pulled to constantly say yes to whatever is asked of them, due to fears of letting people down, conflict, or losing friends.

Acknowledge that by saying yes to others, you may also be saying no to your needs without even realizing it. Conversely, sometimes when you say no to others, you may be saying yes to you!

It is beautiful to be helpful to others. Nevertheless, it may be helpful to consider all of the consequences before you say yes.

Remember, no doesn't have to just be no. No can mean you can't do it at the moment, but perhaps at another time.

“Empathic Assertion”

1. Recognize and validate the other person’s needs, wants, beliefs, and/or situation, and
2. Re-Assert your needs and wants as well.

Validate the person AND hold your ground!

Example:

1. “I know you have so much going on right now. You’ve been working extra hard on your project. It seems stressful to be constantly juggling so much.”
2. “And - I still need you to let me know whenever you’re coming home late. Knowing your timeline helps me plan my evening.”

Exercise: Practice Asserting Boundaries

Let's practice asserting our boundaries. Validate the person AND hold your ground! How would we respond to the following requests:

- “Will you help me move on Saturday?”
- “I’m so overwhelmed, will you edit my essay for me?”
- “Can you skip work to drive me to the airport?”
- “Can I cut in front of you in line? I’m kind of in a hurry.”
- “Want to go on a date tonight?”
- “Will you fill out this survey? It just takes a few minutes.”

Let's Practice: Loving-Kindness Meditation



My Anxiety Meter

Additional Resources

- Counseling Groups throughout every week
- Virtual RAW events: Virtual RAW events: Mindful Minutes now three times a week!
- Pioneers for HOPE - support with food and housing
- Follow us on Instagram - @eastbayshcs

Take Care!

- Thank you for joining us today!
- Think about what skills you might want to practice from home this week:
 - Alternate Nostril Breathing
 - Assertive Communication
 - Empathic Assertion
 - Setting Boundaries
 - Loving Kindness Meditation
- It is best to practice these when you are not anxious, so that you have the routines in place when you are feeling overwhelmed.



