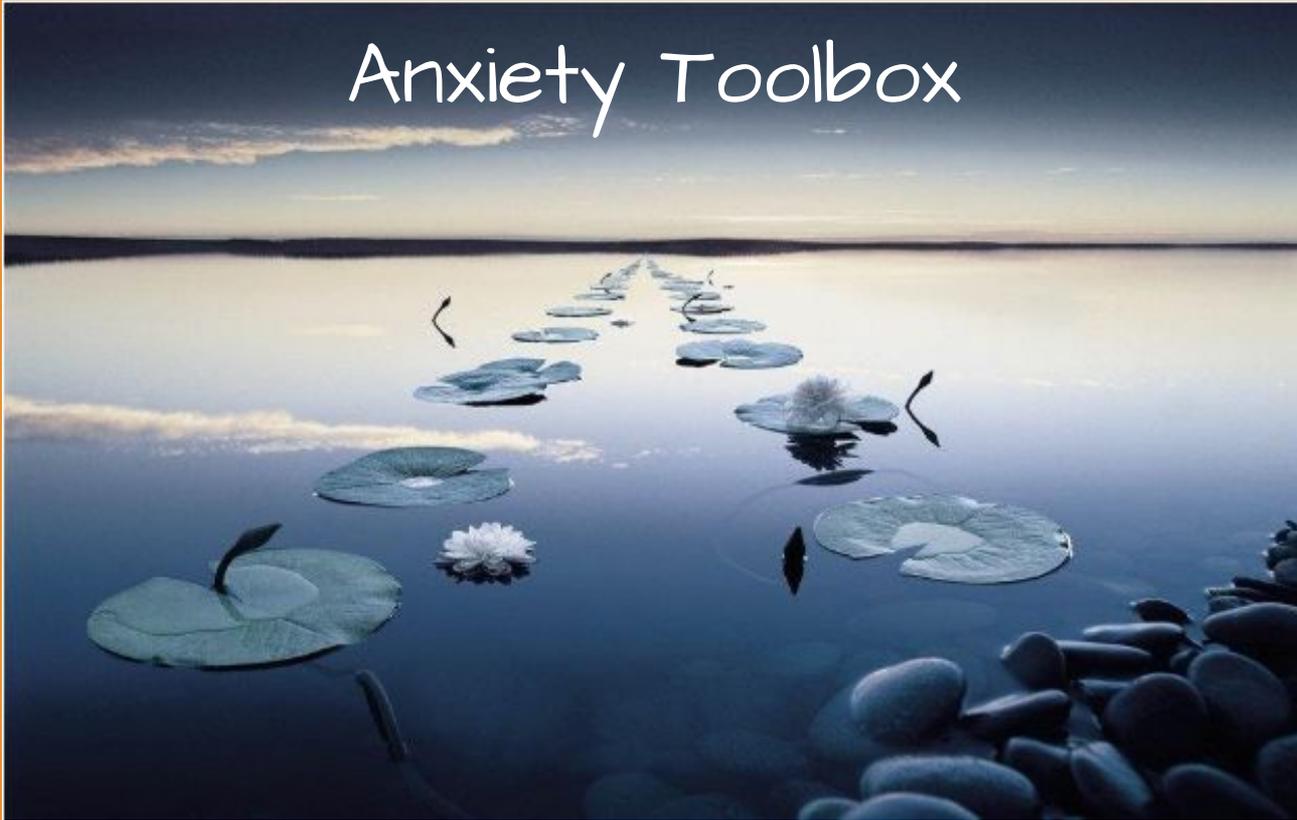


Anxiety Toolbox



Presented by CSUEB Counseling Services
Week 14 - Relationships



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

Intention's for Today's Group

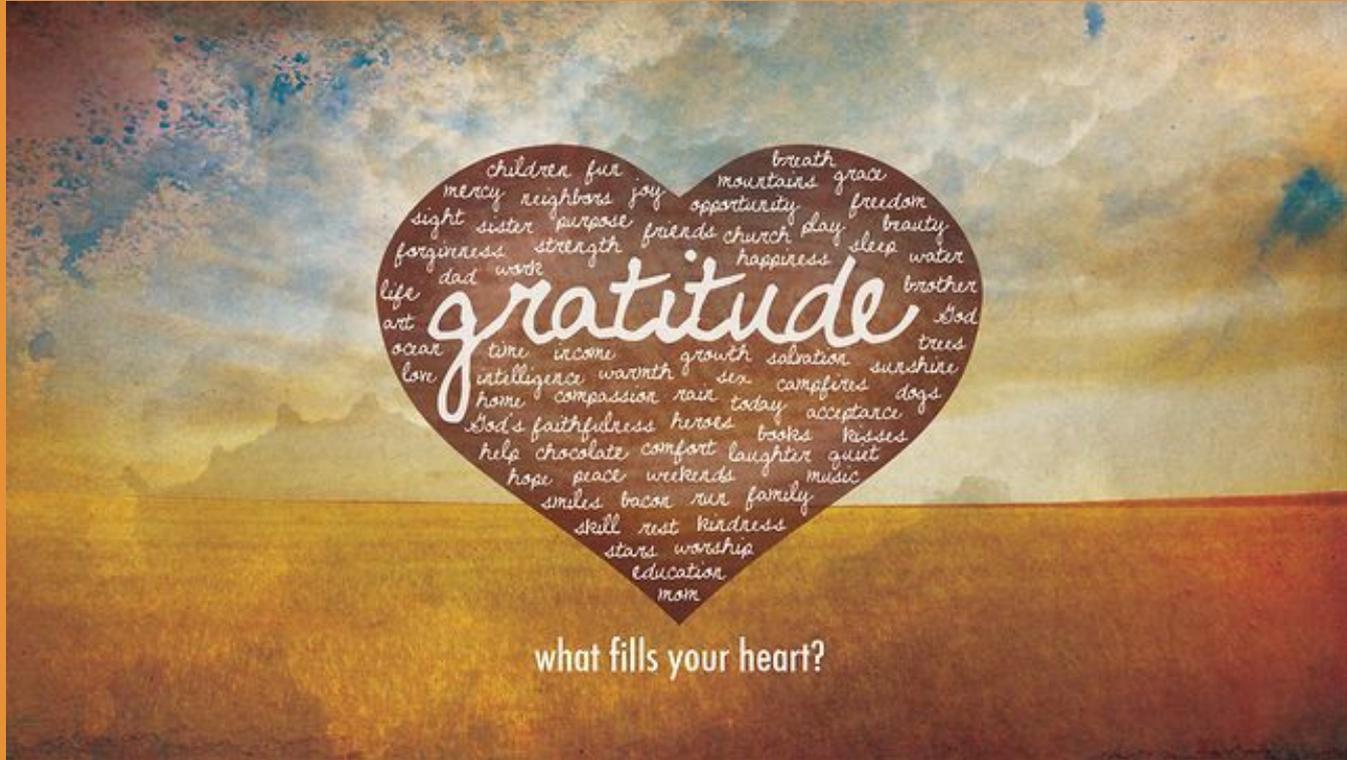
- Gratitude Meditation
- What is Passive-Aggressive Behavior
- Culturally-Informed Assertiveness
- Communication Skills: Active Listening
- Forgiveness
- Loving Kindness Meditation

Introductions:

Share your name, year @ CSUEB, major & a place you would like to travel



My Anxiety Meter



Meditation

Passive-Aggressive Behavior

Passive-aggressive behavior is an indirect expression of anger and hostility. Although we have all acted passive-aggressively at times, it's not effective for healthy communication.

Examples of Passive-Aggressive Behavior

A few common examples of passive-aggressive behavior include:

- Agreeing to do what someone asks, then intentionally “forgetting” to do this, or doing it poorly
- Saying you are not upset, but then using “the silent treatment,” or “cold shoulder”
- Disguising insults or microaggressions as compliments, like, “You’re a lot smarter than I thought!”

For those that learned about assertiveness last week, what do you think about passive-aggressive behavior vs. assertive communication?

Culturally Informed Assertiveness



Our cultural context always shapes the meaning of our interactions.

For example, some assertiveness trainings say you need to have “good eye contact” - but what you believe constitutes “good eye contact” depends on your culture.

What are ways your culture(s) influence how you express yourself?

Communication Skills:

Active Listening Skills

Paraphrasing (restatement): summarizing what you just heard, without interrupting

“It sounds like you've tried several things and feel really stuck.”



Emotional Validation: Expressing understanding and empathy for the other's feelings. *“That seems super frustrating and discouraging.”*

Silence & Semi-Verbal Response Body language and sounds can convey listening

You can be present and silent (*consider head nodding, eye contact, “uh huh”*).

“I” Statements:

I felt [emotion] when [what happened]. Next time [specific request].

Example: “I felt let down and worried when you missed our study session.”

Next time “I need you to call me ahead of time if you can’t make it.”

This is typically much more effective than ways of communicating that provoke defensiveness, like “Why are you so disrespectful!” or “Stop being so inconsiderate!”

Let’s practice “I” Statements:

Situation: One of your group members who has not contributed much agreed to meet you to work on the project yesterday. He did not show up or return your call after you waited 30 minutes.

How would you respond to this situation using I statements and assertive communication?

Forgiveness

Dr. Fred Luskin has found that forgiveness:

- Reduces depression, stress, and anger
- Improves physical health and emotional well-being

“I do not suggest that forgiveness means we give up our right to be angry when we have been hurt or mistreated. My research shows that people retain their ability to be angry, but simply use that ability more wisely. . . (People who forgive) do not waste precious energy trapped in anger and hurt over things they can do nothing about. . . Forgiveness gives us a well-deserved break.” – Dr. Fred Luskin

“Resentment is like drinking poison and then hoping it will kill your enemies” - Nelson Mandela

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

Thank you for participating!

Final Check-Out:

- What did you find most helpful from these workshops? Most challenging?
- What skills or concepts do you want to continue applying to your life?



