



HEALTHY RELATIONSHIPS

**Presented by Student Health & Counseling Services
Week 11 - Practicing Assertiveness and Apologies**

Let's Stretch . . .



A Few Group 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
- Sharing (Headlines not details)
- Chat privately for specific needs

Group Agreements

- Confidentiality
- Judgement Free Zone
- Respect Each other
- Ask permission before giving advice
- Trigger Warning (Let Folx Know)

Group Values

- Compassion
- Empathy
- Be open minded
- Communicate your Needs
- Be your own Boo/Take Care of Your Needs (Restroom, drinks, snacks, etc.)

Introductions:

Share your name, year @ CSUEB, major & favorite self-care activity?



Intentions for today's Group:

***** ROLE PLAYS!!! *****

- 1) How do we assert ourselves?
- 2) How do we apologize?



Brief Review:

1) *Keys to being assertive*

2) *Anatomy of an apology*

Assertive 	
	
Recognising that your needs matter as much as anyone else's	
Compromise	
Talking and listening	
Making sure things are fair - for you and others	
Standing up for yourself	
Express your point clearly and confidently	
Enhances relationships - other people know where they stand	
Builds your self-esteem	

Anatomy of an Apology:

- Acknowledge
- Emotional Uptake
- Center the Hurt
- Accountability + Changed Behavior
- Divest From Forgiveness

ROLE PLAYS



Scenario 1: You are talking to a group of your classmates about a upcoming job interview. One of your male peers comments, “Of course you’ll get the job - you’re a minority.”

How can we assert ourselves when we experience microaggressions?

How do we apologize effectively when we harm someone with a microaggression?

Scenario 2: *Your family member/roommate is yelling and complaining that you're not devoting enough time and attention to the household. She launches into a long list of what she perceives to be your character flaws.*

How can we assert ourselves in this situation?

How do we apologize if we lose our temper and yell at our roommate/loved one?

Scenario 3: *You planned to meet up with your friend to have a nice meal at a restaurant. You get there, but she's late – again. Every time you make plans, she seems to leave you waiting while she shows up 20-30 minutes after the scheduled meeting time.*

How can we assert ourselves in this situation?

How do we apologize if we are consistently late or making our friend feel neglected?

Scenario 4: *Your partner is having a really hard day. They received some upsetting news from their boss and they are feeling irritable. You come home from work and they immediately begin to pick a fight with you. They raise their voice and accuse you of being rude and always being on your phone.*

How can we assert ourselves in this situation?

How do we apologize if we are taking out our anger/irritability on on loved one?

Take Care and Stay Safe!

- Thank you for joining us today!
- Check-Out Reflection:
 - What is one thing you are taking from the group this week?
- Please use the same link to return next week



