HEALTHY RELATIONSHIPS

Presented by Student Health & Counseling Services
Week 9 - Assertive Communication
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
Community Ground Rules

- Vegas Rule - What is shared or said in the group, stays in the group
- Be respectful of others and what they are sharing in group
- Don’t assume someone wants feedback or advice on what they share, ask before you offer that input
- Trigger Warnings
Intentions for today’s Group:
● Three Communication Styles
● How to be assertive
● How to recognize gaslighting/DARVO
Introductions:
Share your name, year @ CSUEB, major &
If you could have any superpower what would it be?
Three Communication Styles

![Venn Diagram]

- **Your Needs** (Aggressive)
- **Assertive**
- **Others' Needs** (Passive)
<table>
<thead>
<tr>
<th>Passive</th>
<th>Assertive</th>
<th>Aggressive</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thinking your needs don’t matter at all</strong></td>
<td><strong>Recognising that your needs matter as much as anyone else’s</strong></td>
<td><strong>Thinking that only your needs matter</strong></td>
</tr>
<tr>
<td>Give in</td>
<td>Compromise</td>
<td>Take</td>
</tr>
<tr>
<td>Not talking, not being heard</td>
<td>Talking and listening</td>
<td>Talking over people</td>
</tr>
<tr>
<td>Trying to keep the peace</td>
<td>Making sure things are fair - for you and others</td>
<td>Looking out for yourself</td>
</tr>
<tr>
<td>Allowing yourself to be bullied</td>
<td>Standing up for yourself</td>
<td>Bullying others</td>
</tr>
<tr>
<td>Not saying what you think, or not saying anything</td>
<td>Express your point clearly and confidently</td>
<td>Can lead to shouting, aggression or violence</td>
</tr>
<tr>
<td>Damages relationships - other people respect you less</td>
<td>Enhances relationships - other people know where they stand</td>
<td>Damages relationships - other people don’t like aggression</td>
</tr>
<tr>
<td>Damages your self-esteem</td>
<td>Builds your self-esteem</td>
<td>Damages others self-esteem</td>
</tr>
</tbody>
</table>
But what happens when people don’t respond well to our assertive communication? How does this show up?
DARVO: Recognizing a Pattern of Gaslighting

Coined by Dr. Jennifer Freyd, "DARVO" (Deny, Attack, and Reverse Victim and Offender) refers to a reaction perpetrators of wrongdoing may display in response to being held accountable for their behavior.

“Deny,”

“Attack,”

“Reverse Victim and Offender”

“That didn’t happen!”

“It was just a misunderstanding!”

“Wow, you’re crazy if you think I would do that”

“I’m the real victim here!”

“It wasn’t that serious! Why are you making a big deal of this?”

“Why are you trying to ruin my life?”
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
thank you