

SKILL: SELF RESPECT EFFECTIVENESS.

IF YOU STRUGGLE TO USE THE INTERPERSONAL EFFECTIVENESS SKILL IT MAY BE BECOME OF SOME BELIEF OR INTERNALLY HELD MYTH ABOUT INTERPERSONAL BEHAVIOUR HOLDING YOU BACK.

LOOK THROUGH THE STATEMENTS BELOW AND CHOOSE ONE THAT YOU RESONATE WITH: IT MAY SUBCONSCIOUSLY CHALLENGE THOSE MYTHS.

THEN, WRITE YOUR STATEMENT IN THE HEART ON THE NEXT PAGE, COLOUR IT IN THEN STICK IT UP AS A REMINDER!

- IT IS OK TO WANT OR NEED SOMETHING FROM SOMEONE ELSE.
- I HAVE A CHOICE TO ASK SOMEONE FOR WHAT I WANT OR NEED.
- I CAN STAND IT IF I DON'T GET WHAT I WANT OR NEED.
- THE FACT THAT SOMEONE SAYS NO TO MY REQUEST DOESN'T MEAN I SHOULD NOT HAVE ASKED.
- IF I DIDN'T GET MY OBJECTIVES, THAT DOESN'T MEAN I DIDN'T GO ABOUT IT IN A SKILLFUL WAY.
- STANDING UP FOR MYSELF OVER "SMALL" THINGS CAN BE JUST AS IMPORTANT AS "BIG" THINGS.
- I CAN INSIST ON MY RIGHTS AND STILL BE A GOOD PERSON.
- I SOMETIMES HAVE A RIGHT TO ASSERT MYSELF, EVEN THOUGH I MAY INCONVENIENCE OTHERS.
- THE FACT THAT OTHER PEOPLE MIGHT NOT BE ASSERTIVE DOESN'T MEAN THAT I SHOULDN'T BE.
- I CAN UNDERSTAND AND VALIDATE ANOTHER PERSON, AND STILL ASK FOR WHAT I WANT.
- THERE IS NO LAW THAT SAYS OTHER PEOPLE'S OPINIONS ARE MORE VALID THAN MINE.
- GIVING, GIVING, GIVING, IS NOT THE BE-ALL OF LIFE. I AM AN IMPORTANT PERSON IN THIS WORLD.
- I AM UNDER NO OBLIGATION TO SAY YES TO PEOPLE SIMPLY BECAUSE THEY ASK A FAVOR OF ME.
- THE FACT THAT I SAY NO TO SOMEONE DOES NOT MAKE ME A SELFISH PERSON.

FOR MORE CREATIVE DBT ACTIVITIES, PLEASE VISIT

WWW.MICHELLEMORGANART.COM AND CLICK "COURSES & EBOOKS"

