



Assertiveness, Individuation & Autonomy: An Assertiveness Training Manual

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Do you ever feel trapped, possessed, or controlled by those you are in relationship with? Do you frequently give in to others' requests and tell them yes, when everything inside of you was screaming NO? Is it difficult for you to express your deep feelings openly and honestly? Do you sometimes tell 'little white lies' or just refuse to answer to avoid conflict with others? If you answered yes to any of the foregoing questions, do you easily lose control, becoming angry at even small things, and acting out inappropriately, often toward those who really don't deserve it? Do you chafe, feeling that others believe they own you? Do you believe that your spouse, partner, children and/or others are indebted to you, owing you for their well-being? If you answered yes to any of the foregoing questions, there is a high probability that you lack assertiveness.

Lacking assertiveness, people adopt passive, aggressive or passive-aggressive communication and behavioral patterns. These aberrant relational patterns create conflict and chaos, entrapping both those you relate to and yourself. God created mankind to be free, self-owned, self-governed, relational beings. One cannot enjoy a relationship with something, or someone, that they own; and someone who is owned by another, cannot enjoy a relationship with them. Break free from this bondage! Assertiveness, Individuation & Autonomy identifies a clear path out of passive, aggressive and passive-aggressive lifestyles, into the freedom of assertiveness. In nine information packed lessons, you will learn how to break free from the bondage of ownerships and begin developing fulfilling, rewarding relationships. You will learn what assertiveness encompasses; how to employ assertiveness to deescalate conflict; and how to say NO comfortably. You will learn the relationship between self-denial and self-ownership; the importance of telling yourself the truth; and the importance of telling others the truth - all the truth - even when it hurts. In Assertiveness, Individuation & Autonomy you will discover the hallmark of intimacy and oneness, and how to achieve this in your relationships. Finally, you will learn a new language - 'truth-talk'. You will discover that employing this language in your self-talk, or inner dialog, you can gain self-control - control of over emotions, addictions, obsessive-compulsive behaviors and other life-controlling problems. Assertiveness, Individuation & Autonomy is a faith-based Assertiveness Training Manual that no pastor, chaplain or Christian counselor should be without. It should be an essential addition to your church library, a book that every member of your church, synagogue, temple, congregation or organization, should be encouraged to read. It will set you free and change your life.

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