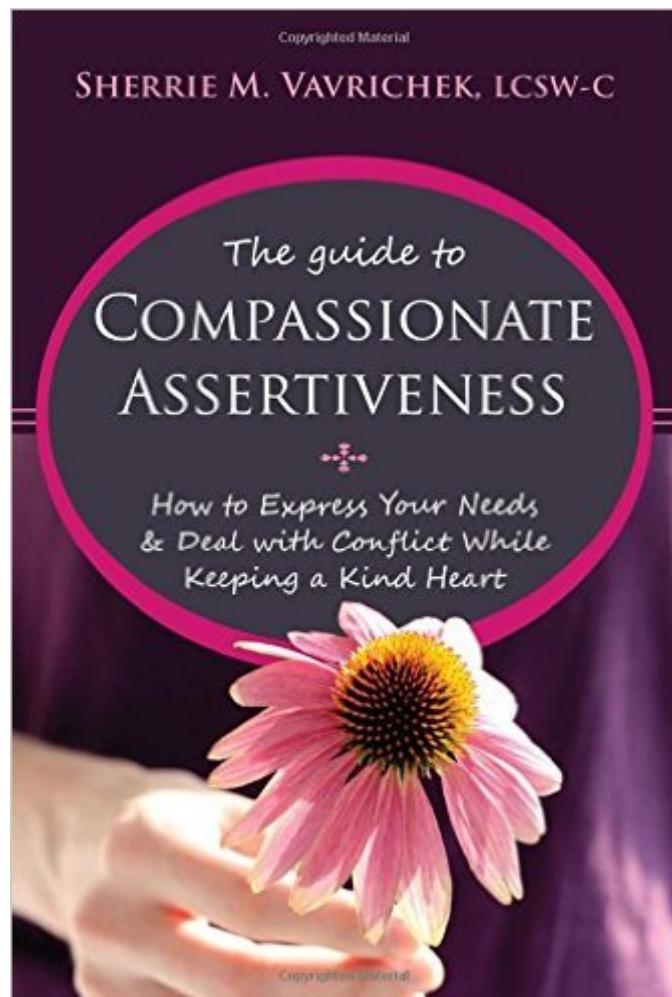


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# The Guide To Compassionate Assertiveness: How To Express Your Needs And Deal With Conflict While Keeping A Kind Heart



## Synopsis

Speaking up for yourself has benefits, but it has costs, too. Many people who struggle with assertiveness are paralyzed by worries that they'll seem mean, petty, or that they will hurt the other person's feelings. Even though they want to speak up, they may keep their true needs and opinions to themselves because of these fears—eventually building stress, resentment, and alienation. The Guide to Compassionate Assertiveness does not require that readers ignore the needs of others and focus solely on their own desires. Rather, this unique blend of cognitive behavioral therapy-based assertiveness training and Buddhist psychology helps readers practice assertiveness skills while caring deeply about the welfare of others. This book helps readers develop a form of assertiveness that emphasizes collaboration, negotiation, and compromise. It focuses on speaking up for the benefit of others and speaking up for the relationship, not just one's own needs. In this way, readers learn to assert their needs in ways that match their compassionate value systems. This book is the ideal assertiveness guide for those who are afraid of rejection, have a deep concern for how others perceive them, often feel judged by others, or have difficulty expressing their feelings and needs. Readers learn to apply assertiveness skills in all domains of their lives, including in romantic relationships, as parents, at work, and in social settings.

## Book Information

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## Customer Reviews

This is a book for anyone who avoids speaking up for their needs. This wonderful book goes well beyond explanations of how to articulate needs and teaches a Buddhist-inspired approach that can improve both the experience of asserting your needs but also the outcomes of everyday

confrontations. I felt better and better chapter after chapter. The book cannot be skimmed or read in a hurry (a good thing). It needs to be slowly read, from the start. It's relatively short (192 pages), so that's do-able. It is packed solid with wonderful, eye-opening concepts. The AH-HAs were endless. The key concepts that "The Guide to Compassionate Assertiveness" teaches:\*

Understanding your interpersonal style will help you play to your strengths and tend to your weaknesses.\*\* Understanding where the other person is coming from has immeasurable benefits.\*\* Thinking about the cause-and-effect of taking action vs. not taking action has great value.\*\* The spirit with which you approach a conversation/confrontation has bearing on the outcome.\*\* Growing your confidence will steer your conversations/confrontations in a milder direction, rather than the extremes of silence or yelling.\*\* Remember to keep the Double Arrow concept in mind.

**The Double Arrow Concept** -This was new to me, and the concept provoked one of my many ah-ha moments. The idea of the Double Arrow comes from Buddhism. From the book: "Buddhism refers to the inevitable ups and downs in life by using the analogy of being struck by two kinds of arrows. The "first arrows" are the inevitable problems in life that give us physical and emotional distress, which is generally translated as "suffering" (also referred to as "pain" or "unsatisfactoriness").

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