



Possibilities Unlimited

BIOPSYCHOSOCIAL FACTORS
Higher on introversion scale, domineering parent, bullied at school



CRITICAL INCIDENTS
Spoke out in class and everyone laughed, Asked for a need in relationship and was criticised



PERCEIVED LACK OF RIGHTS / ASSERTIVE BELIEFS
Others are allowed to make demands but I am not, I must be small and quiet to stay safe, People will not listen to me, I have nothing to say worth listening to



NEGATIVE PREDICTION OF ASSERTIVE BEHAVIOUR
If I assert myself I will upset the other person and ruin our relationship; it will be terribly embarrassing if I say what I think; They will say no to my request, and I couldn't bear it



PHYSICAL SYMPTOMS OF ANXIETY
Sweat, dizzy, disorientated, go blank, dry mouth, nauseous



AVOIDANCE & PASSIVE BEHAVIOUR
Be agreeable with others; stopped recognising own needs, refrain from asking for needs to be met, avoid seminars, don't give opinions, say yes when requests are made even if they impose on life



RUMINATION ABOUT EVENTS
Worry that we may have offended someone; Think I should have said or done this or that; Thoughts of powerlessness in situations, resentful towards others

CONFIRMATION OF LACK OF RIGHTS

EXTERNAL INDICATORS OF WORTH
Lack of assertion increases likelihood of others disrespecting personal boundaries, reduced ability to meet one's needs from others reinforces low self-esteem

CONFIRMATION OF PREDICTION



