### **Assertiveness Treatment Plan**

CONFIRMATION

**OF PREDICTION** 



Info gathering

### Info gathering

Parental Influences, Role Models, Friends, School, Financial, Health, Accommodation, Family, Culture, Religion Psycho-education Epigenetics, Predisposition, Personality

### Collaboration

Assimilating biopsychosocial influences, meanings of critical incidents, beliefs behind anxious predictions (including predictions about onset of unbearable physical sensations, images and internal dialogue), the purpose of avoidant and passive behavior, and belief inherent in ruminative factors

# Psycho-education Diagrammatical explanation of Self Fulfilling Prophecy

Psycho-education Identify purpose of rumination, Understand that ruminations will continue until behaviour changes

Goal Setting
Set specific goals and evaluate

Meanings & Conclusions from critical incidents

### CRITICAL INCIDENTS Challenge Beliefs + Predictions

**RIGHTS** 

**EXTERNAL** 

**INDICATORS** 

**OF WORTH** 

Guided Discovery, Behavioural Experiments, Cognitive Restructuring, Continuum

## CONFIRMATION Anxiety Management Techniques

Distress Tolerance, Mindfulness, 7/11 etc

### PHYSICAL SYMPTOMS OF ANXIETY

**SIOPS**YCHOSOCIAL FACTORS

PERCEIVED LACK OF RIGHTS / ASSERTIVE

**BELIEFS** 

**NEGATIVE PREDICTION OF ASSERTIVE** 

BEHAVIOUR



### **AVOIDANCE & PASSIVE BEHAVIOUR**



#### **RUMINATION ABOUT EVENTS**

current behaviours to help take responsibility & increase motivation to confront fears and make changes

**Outcome Identification** 

Explore consequences of

### Behavioural Intervention

Goal Setting, Assertiveness Skills Training, Graded Exposure

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