THE ASSERTION-TRAINING MODULE —
SESSION 8

OVERVIEW

Attendance Taking, Homework Review, and Completion of A/P Sheets
Answering Questions on Homework Assignments
Collection of Relaxation Log, A/P Sheet, and CBT Homework
New Relaxation Material
Introduction to Assertiveness Training
Homework Assignment
Feedback
Personal Reminder Forms

Materials Needed:
1. A/P sheet (Appendix 6)
2. Individual Goal Sheets (Appendix 5)
3. Relaxation Practice Log (Appendix 8)
4. Components of Assertive Behavior (Appendix 22)
5. Scripted Assertive Scenes (Appendix 23)
6. Canned situations for assertion (Appendix 24)
7. Assertive Behavior Log (Appendix 25)
8. Personal Reminder Form (Appendix 10)
9. Homework Assignment sheet

INTRODUCTION TO THE ASSERTION-TRAINING MODULE

Sessions 8 through 11 are devoted to the teaching of the assertion
skill (aside from a brief refinement of the relaxation skill in Session 8).
Assertiveness training requires considerable role playing, hence one of the major tasks of the leaders is to foster a willingness to play roles. This is done through successive approximations: first by supplying a script, then by providing selected universal topics, and finally by inviting personal examples. In addition, constructive feedback is emphasized as a communication skill and several specific assertiveness skills are introduced and practiced.

Although assertiveness is the central focus of this module, cognitive restructuring is regarded as an integral part of this skill. The absence of assertion—either through passivity or aggression—may be a function of distorted thinking as well as a behavioral deficit. Both problem areas are addressed.

The reading of Smith's book, conscientiously completed logs, and buddy contact are regarded as important components in the honing of assertiveness skills.

**INTRODUCTION TO SESSION 8**

This session is the basic introduction to assertiveness training. After explaining and illustrating the last refinement of the relaxation skill—whole-body relaxation—the leaders attempt to present the concept of assertion and to distinguish it from passivity and aggression through role-playing examples. One key concept is the idea that everyone has assertiveness deficits; we can all benefit from recognizing them and from practice.

The roles played by dysfunctional thinking and behavioral deficits in giving rise to nonassertive behavior are presented. The multiple components of assertive behavior are stressed in discussion and illustrated through role plays. The concept of constructive criticism is explained, illustrated, and emphasized. The session ends with the emphasis on setting personal assertiveness goals for homework and on recording this progress.

**SESSION 8**

**Attendance Taking, Homework Review, and Completion of A/P Sheets**

One of the therapists takes attendance while the other distributes the A/P sheets. The homework assignment from last session is repeated