

It's Complicated: The Assertive Advantage

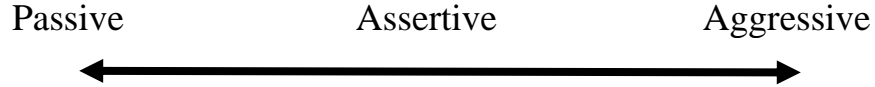
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Question: What is the most complicated communication experience you've had with someone?



Questions: Where would you place yourself on this line? Why? Give an example. Which side of this line would you consider more biblical? Why?

Assertiveness is the ability to express your feelings and ask for what you want in the relationship.



Questions: What are some examples of assertive statements? How have you seen people communicate by not being assertive?

Read John 1:1, 14

Question: What is the significance of Jesus being called the "Word" in these verses?

**When you don't value yourself,
it is very difficult to value others in a healthy way.**

Question: How does insecurity empower both passivity and aggressiveness in our communication? Give examples of both.

God, your Heavenly Father, values you, loves you, wants you and chooses you.

Question: Which one of these truths is most difficult for you to believe and accept about yourself? Why?

Read Romans 12:9-10

Question: What adjustment will you make that will see you delighting even more in honouring others around you?