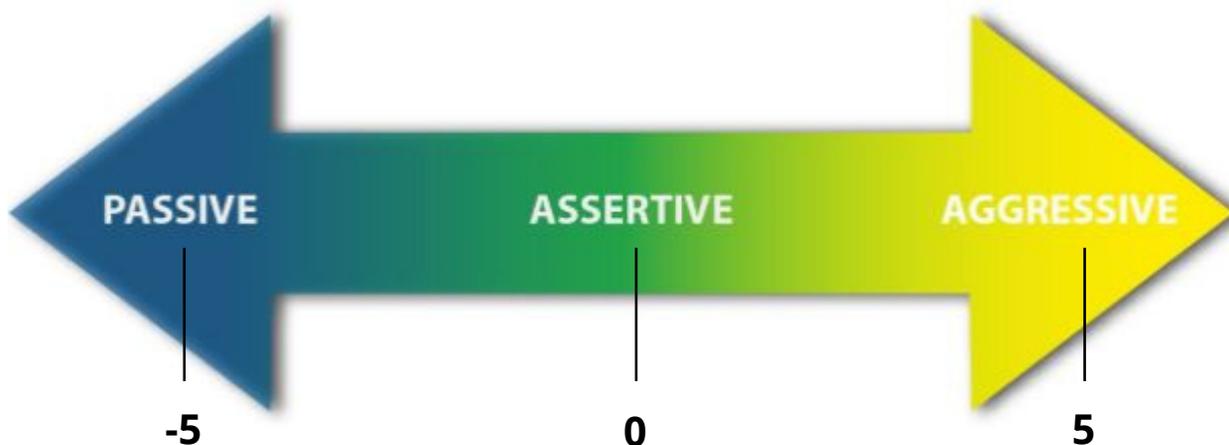


Mastering Healthy Conflict



Assertive or Aggressive: Which One Do You Lean More Towards?

Learning to advocate for yourself requires you to address conflict and challenges in an assertive manner; neither hiding out being passive or blowing up and being aggressive. I refer to this as the Zero Point of negotiation. This is truly the sweet spot where magic can happen.

Many women find it difficult to speak their truth because of fear of rejection or causing disharmony in a relationship. It is better to address problems in a timely manner so that they don't evolve into something much, much worse.

It is not uncommon for women to swing from Passive to Aggressive and back to Passive as they navigate what can be very emotional waters.

Cost: Over time, the passive person becomes resentful and resigned and the aggressive person often feels guilty and out of control. This creates more and more dissatisfaction in a relationship.

The BEST position to be is to move closer to the assertive, or zero point.



Think about the last 3 conflicts you have had, where would you rate yourself from -5 to +5. What was the outcome? What, if any, was the result of you not being assertive? What would you change if you could?

1.

2.

3.

The A.R.E F.I.T Model For Feminine Negotiations

Fill in the blanks below:

A

R

E

F

I

T

*Pro tip: If you find yourself using words like “you always” or “you never”...BEWARE. These accusations create a fracture in rapport and cause people to become very defensive. Remember, you will lose all power to influence someone when they feel your judgment from you.

Answers: Assertive, Rapport, Empathy, Flexibility, Intuition, Trust
The A.R.E F.I.T was created by Cindy Watson

