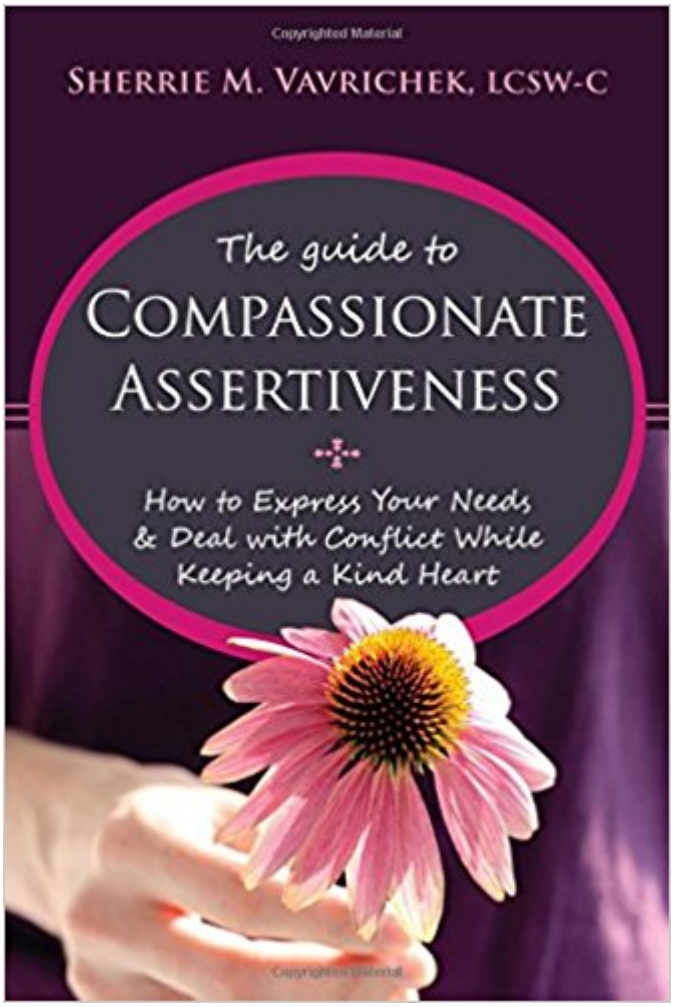
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The Guide To Compassionate Assertiveness: How To Express Your Needs And Deal With Conflict While Keeping A Kind Heart



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Synopsis

Speaking up for yourself has benefits, but it has costs, too. Many people who struggle with assertiveness are paralyzed by worries that theyÃ¢â ¬â„¢ll seem mean, petty, or that they will hurt the other personÃ¢â ¬â„¢s feelings. Even though they want to speak up, they may keep their true needs and opinions to themselves because of these fearsÃ¢â ¬â •eventually building stress, resentment, and alienation. The Guide to Compassionate Assertiveness does not require that readers ignore the needs of others and focus solely on their own desires. Rather, this unique blend of cognitive behavioral therapy-based assertiveness training and Buddhist psychology helps readers practice assertiveness skills while caring deeply about the welfare of others.This book helps readers develop a form of assertiveness that emphasizes collaboration, negotiation, and compromise. It focuses on speaking up for the benefit of others and speaking up for the relationship, not just oneÃ¢â ¬â„¢s own needs. In this way, readers learn to assert their needs in ways that match their compassionate value systems. This book is the ideal assertiveness guide for those who are afraid of rejection, have a deep concern for how others perceive them, often feel judged by others, or have difficulty expressing their feelings and needs. Readers learn to apply assertiveness skills in all domains of their lives, including in romantic relationships, as parents, at work, and in social settings.

Book Information

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Customer Reviews

“In this book, Sherrie M. Vavrichek skillfully draws on cognitive behavioral therapy, Buddhist psychology and philosophy, and her own deep insight. The compassionate assertiveness approach

offers powerful tools to grow beyond conflict strategies that no longer serve, without doing violence to oneself or others. Her book is a valuable contribution that will be a great help to many.Ã¢â ¬Â• —Sharon Salzberg, author of Real Happiness Ã¢â ¬Å“ItÃ¢â ¬â„¢s (relatively) straightforward to be simply compassionate; the same goes for being assertive. But being both at the same time is a real challenge, even though thatÃ¢â ¬â„¢s the sweet spot in significant relationships of any kind. Sherrie M. Vavrichek has done a remarkable job in offering heartfelt, solid, down-to-earth, and effective ways to occupy this sweet spot at home and work.Ã¢â ¬Â• Ã¢â ¬â •Rick Hanson, PhD, author of BuddhaÃ¢â ¬â„¢s BrainÃ¢â ¬Å“In her accessible and deeply wise book, Sherrie M. Vavrichek teaches us how to communicate our truths in a way that serves understanding and connection. The mindfulness and skills at the center of this training can transform and heal not only individual relationships, but the fabric of our society.Ã¢â ¬Â• Ã¢â ¬â •Tara Brach, PhD, clinical psychologist, meditation teacher and author of Radical Acceptance and True RefugeÃ¢â ¬Å“Well-written, thoughtful, and incredibly enlightening. This book adeptly weaves philosophy and psychology into an interpersonal approach that can have a major positive impact on anyoneÃ¢â ¬â„¢s life.Ã¢â ¬Â• Ã¢â ¬â •Jon E. Grant, MD, professor of psychiatry at the University of Minnesota and author of Stop Me Because I CanÃ¢â ¬â„¢t Stop MyselfÃ¢â ¬Å“As someone brought up on traditional assertiveness training, I have to say that Sherrie M. VavrichekÃ¢â ¬â„¢s book brings a newer, much better and more usable approach to helping people with problems in this area. It is a thoughtful, well-written gem, and a genuine resource. I can truly see myself recommending this to my own patients.Ã¢â ¬Â• Ã¢â ¬â •Fred Penzel, PhD, author of Obsessive-Compulsive Disorders and The Hair-Pulling ProblemÃ¢â ¬Å“The Guide to Compassionate Assertiveness is a joyously practical marriage of Western psychotherapy and Eastern wisdom. Clearly written with many helpful examples, it presents valuable skills that sensitive people need in dealing with the world.Ã¢â ¬Â• Ã¢â ¬â •Kate Berg, PhD, geneticist, writer and yoga instructor at Quiet Willow Studio in Silver Spring, MDÃ¢â ¬Å“As a therapist/healer I found VavrichekÃ¢â ¬â„¢s book inspiring. This unique approach of blending Buddhist principles and cognitive behavioral strategies provides a useful and practical guide on how to navigate through your life assertively in a gentler and truly loving way.Ã¢â ¬Â• Ã¢â ¬â •Merrill Black, LCSW, Reiki master and hypnotherapist specializing in anxiety disordersÃ¢â ¬Å“Drawing on her experiences with Eastern and Western philosophies, Vavrichek has created a unique approach that combines humanism with self-empowerment. If you are looking to apply assertiveness skills in all major areas of your life, then you owe it to yourself to read the wisdom in this life-affirming book.Ã¢â ¬Â• Ã¢â ¬â •Joel F. Jaro, LCSW-R, psychotherapist and inspirational coachÃ¢â ¬Å“In this book,

Vavrichek has combined the classic cognitive behavioral technique of assertiveness training with age-old philosophical principles of compassion, mindfulness and kindness. In doing so she provides a framework for assertiveness for the new millenniumÃ¢â ¬â •effective, constructive and caring. Her writing is clear, convincing, and filled with many illuminating case examples. The authorÃ¢â ¬â„¢s expertise and compassion shine through as she leads the reader on a valuable journey of the mind and heart. There is wisdom in this book from which all readers will benefit.Ã¢â ¬Â• Ã¢â ¬â •Charles S. Mansueto, PhD, director at Behavior Therapy Center of Greater Washington

Sherrie M. Vavrichek, LCSW-C, is a cognitive behavioral therapist and published author who uses mindfulness, meditation, and Buddhist philosophy in her practice and in her life. She is a senior staff member at the Behavior Therapy Center of Greater Washington, and has presented at national conferences on numerous mental health topics, including compassionate assertiveness. Vavrichek lives and works in the Washington, DC area.

Have had about a year, after reading this book, to see if it helped in "difficult" interactions. At first i wanted more hands-on advice on how to assert myself well. But the book speaks more to the task of empathy. Turns out this was a useful emphasis after all, because over time I've been able to see ways of solving problems that I might not have thought of, before. One practical change has been really trying to see things from someone else's point of view, and finding solutions that make it Easier for them to cooperate and solve the mutual situation. I loaned the book to 2 friends who said they wanted to read it, but neither gave any feedback when returning the book. (I didn't have to ask for it back, or else could have used compassionate assertiveness on them.) :)

I thought I wold like this book more. It's theoretically great for those who want to assert themselves more but don't want to feel mean or angry However, I find the approach so overly conciliatory that it makes me feel one is lowering one's own position just to follow the advice and steps in this book. It's hard to see that you can earn much respect much less express your true feelings when you follow this. Maybe it'll better for those who assert but always come as angry to learn a different style of communication. However if you have trouble expressing yourself I suggest other better appraoches.

This is a gem in the assertiveness guidebooks. Maybe because I am Asian, this book resonated

more than others and made sense in regards to the premise of where the assertiveness should come from: not just to get your way, but to resolve the problem (i.e. to be released from the suffering). And the goal is the well-being of you and others.At first glance, some parts looked trite (categorization of person's interpersonal style, case episodes of fictitious or real names), but in closer look, that impression was false, largely contributed by the unsophisticated cover and choice of type faces (sorry! I understand, it has soft, "compassionate look"). Actually, knowing the Interpersonal Style types shed much light on the difficulties that I experienced in the past (I am the first and the second type, both!)It is an enjoyable, revealing, easy read, and I felt that I found a comfortable solid ground from which I can work on my "assertiveness" that our contemporary society seems to crave. Thank you!

This is a terrific book. It takes Buddhist philosophy and helps you apply it to real world situations--work, couples, parenting, etc. The most fun and informative part for me was determining my Buddhist "personality type" and learning its strengths and weaknesses and how to work with them to make and enforce personal boundaries in a Buddhist way--compassionate to others AND myself. I identified strengths I didn't realize I had and that has helped me to approach working on my weaker areas with compassion and a positive energy I've not had before.

Excellent resource for those trying to understand and work through the whys a bit better!

I really need to study it for a long time

Very helpful to those of us who aren't assertive, but need help and want to preserve compassion.

Excellent. It gives a lot of information and a comprehensive conceptualization of assertiveness.

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