

ASSERTIVENESS

A Cosmic Unicycle E-Book



**A short introduction to mastering this vital –
and easy-to-learn – Tool For Life**

Visit www.cosmic-unicycle.com

... Before you start so that you understand what this is all about ...

BEING IN CHARGE OF OUR LIVES, STAYING IN BALANCE & FEELING IN CONTROL

... and How To Begin to achieve this

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INTRODUCTION

This very short E-Book has been prepared to help as many people as possible during the CoronaVirus epidemic. Other E-Books in the series will follow.

“ASSERTIVENESS” is written in the spirit of "Good Enough for Now!" and is far from perfect.

It is no substitute for appropriate medical help and the information it contains has been safely provided to my clients for many years.

Some of the tools are about dealing with OURSELVES and other tools – such as the need to be Assertive – help us to deal with OTHER PEOPLE as well as OURSELVES.

In short, it is all about EMPOWERING ourselves and others.

Everybody likes an Assertive person – except a bully!

Assertive people are calm, grounded, caring, compassionate, relaxed and friendly. They treat people well and expect to be treated well by other people.

Please visit the website so that you understand what ...

“RIDING THE COSMIC UNICYCLE”

... is all about!

There are many YouTube videos on the website to help you.

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ASSERTIVENESS

Assertiveness

What I am going to share is one of the most popular tools with my clients!

It has been simply life-changing for many of them!

The best bit of it is, once you 'get' it and how relatively easy it is ... there's no going back!
Like all the best tools ... use it or ... lose it!

Background

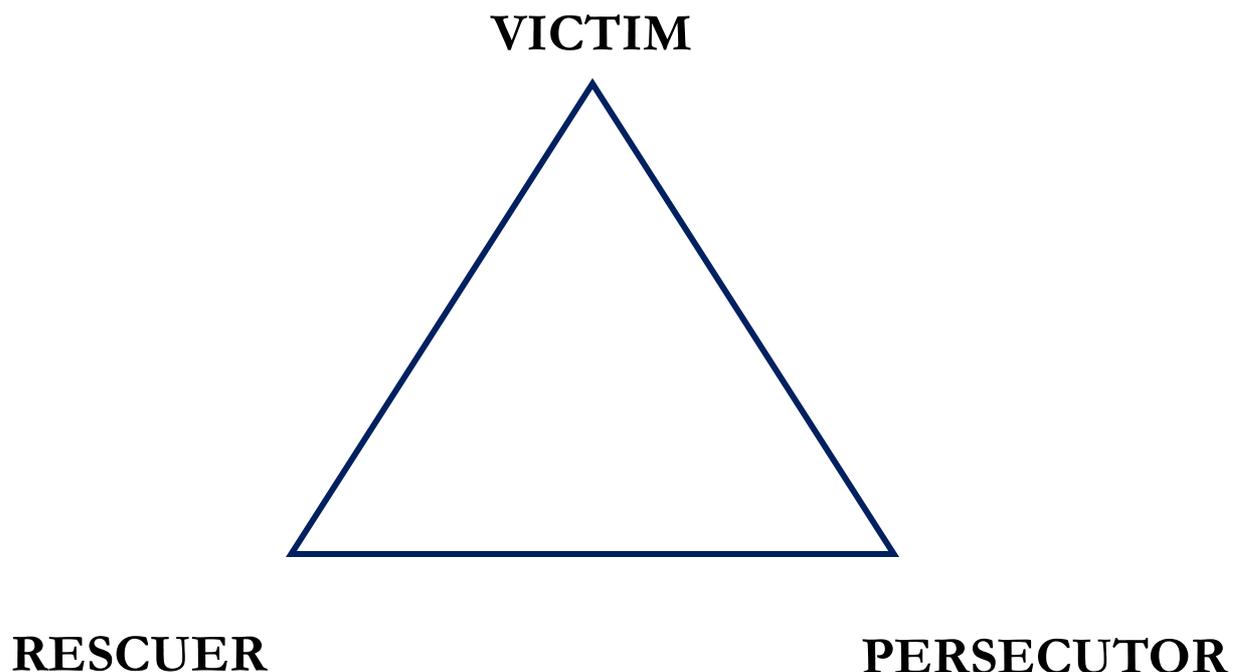
First of all: have you heard of Transactional Analysis (TA)? What I am going to show you is **NOT** TA! However, what follows is based on what I came across it in the late 1980's, but never bothered to study it as there were already TA Therapists in Cornwall.

Karpmann's Drama Triangle

In 1966, Dr Stephen Karpmann was training with Eric Berne, the Founder of TA. He came up with a slightly different take on Berne's work, shared it with Berne who said: **"Publish this ...it is great!"** or words to that effect

Here is what he came up with!

FIGURE 1.

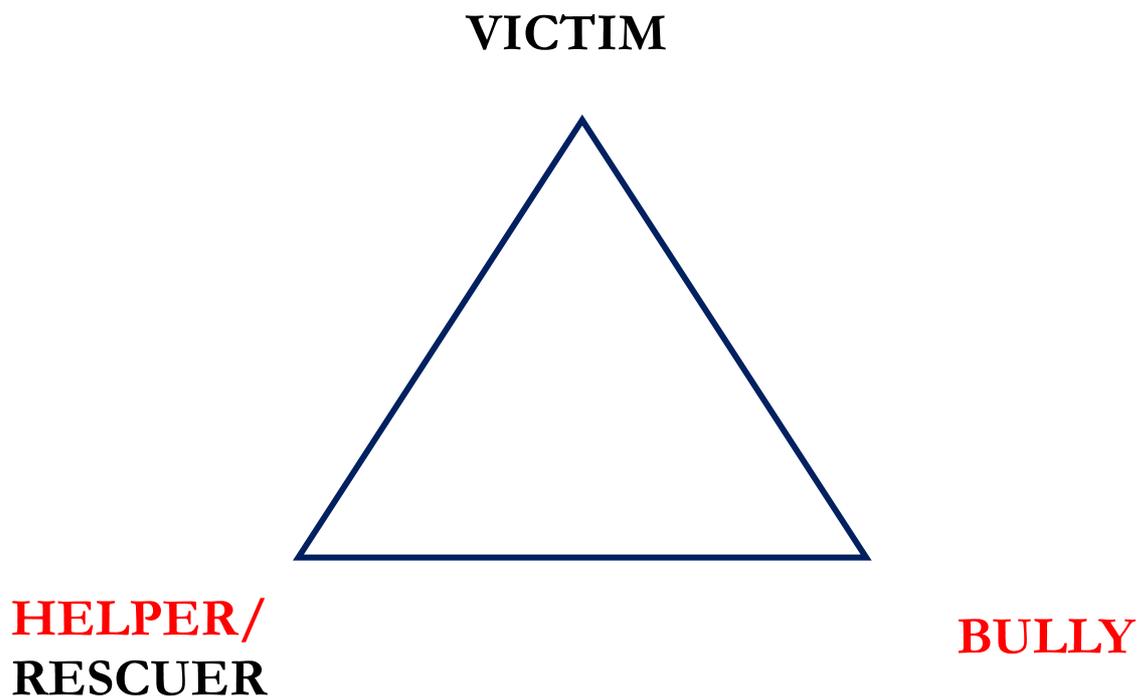


WELL, IT MADE SENSE ...

... But I couldn't see how to work with it (not having the TA skills) ...
One day, I had one of those "AHA!" moments
(... but I won't tell you about it yet or it will spoil the surprise!)

FIRST OF ALL I CHANGED THE WORDS SLIGHTLY

FIGURE 2.



Before publishing what I am going to show you today, I thought I had better do some homework! (Remember, this is NOT TA! Seek out a TA practitioner if you want to work with one.)

As Steve Karpmann had been working since before 1966, I figured he was either retired or had popped his clogs! I was pleased to discover that he had a website. Even more pleased to find out that he was still working and writing books!

I excitedly emailed him and thanked him for his original triangle, and how helpful it has been in my practice! The long and short of it is that when I shared my work with Steve he felt that how I had adapted his triangle idea was creative.

Here is Dr Karpmann's website: <https://karpmandramatriangle.com>

... and what he had to say about it:

"I've never seen so many combinations of my triangle before."

"... you got 'permission granted' for your novel use of the triangle."

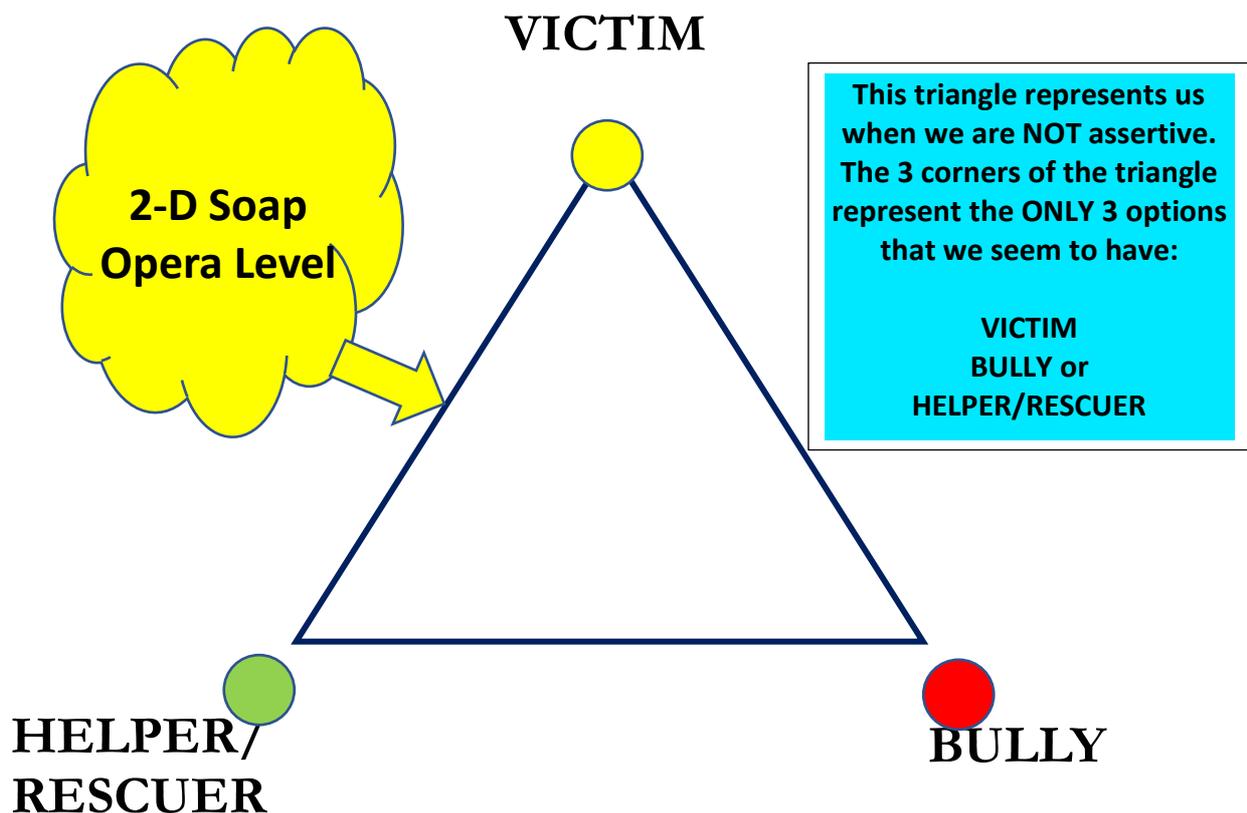
(You will not be surprised to hear that "I was VERY happy!")

Anyway ... to continue:

ASSERTIVENESS ... and what happens when we are not!

When we are NOT being Assertive we find ourselves in a flat, 2-dimensional go-nowhere 'soap opera world'

FIGURE 3.

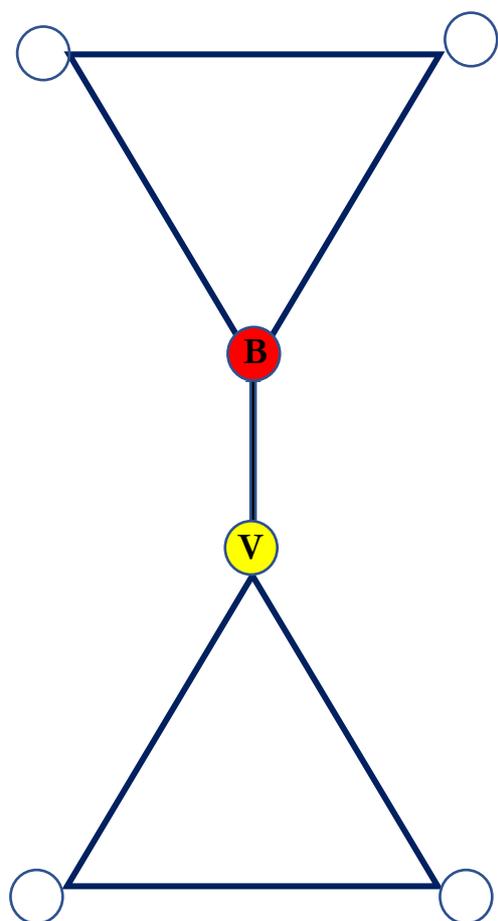


ALL 3 POSITIONS ARE 'WEAK' or 'LESS-THAN'

They do not represent who we TRULY are when we decide to become ASSERTIVE

Let's see what happens when WE are in 'VICTIM MODE'

FIGURE 4.



WE ATTRACT A **B**ULLY
Who is 'LOOKING' for a **V**ICTIM

B = BULLY

V = VICTIM

**THIS IS AN UNHEALTHY or
'LESS-THAN'
RELATIONSHIP**

The BULLY's 'job' or role will be to reinforce our belief that we deserve to be treated badly.

Sounds nuts, but that is how it works.

You only have to look at the world of the dog to see this very clearly in action.

If a dog is feeling and acting in an unstable, unbalanced and frightened manner it will upset the other animal who will confront the 'victim's' behaviour and try to snap them out of it

Equally if a dog is angry and unbalanced it will look for other dogs to dominate, because it at least makes them feel stronger (even though they are unstable, and they know it).

It is hot-wired into animals to respond in this way. (You just have to watch Cesar Milan - The Dog Whisperer - to see this in action.) Until they become Assertive, human beings behave in exactly the same way.

The vast amount of communication between us all is based on body language. The body language of a victim, either a dog or a human being, is enough for us to recognise their mental emotional and physical state. An unstable dog is recognisable by the way it carries itself, walks and what sort of eye-contact it will give you, and just the same goes for human beings.

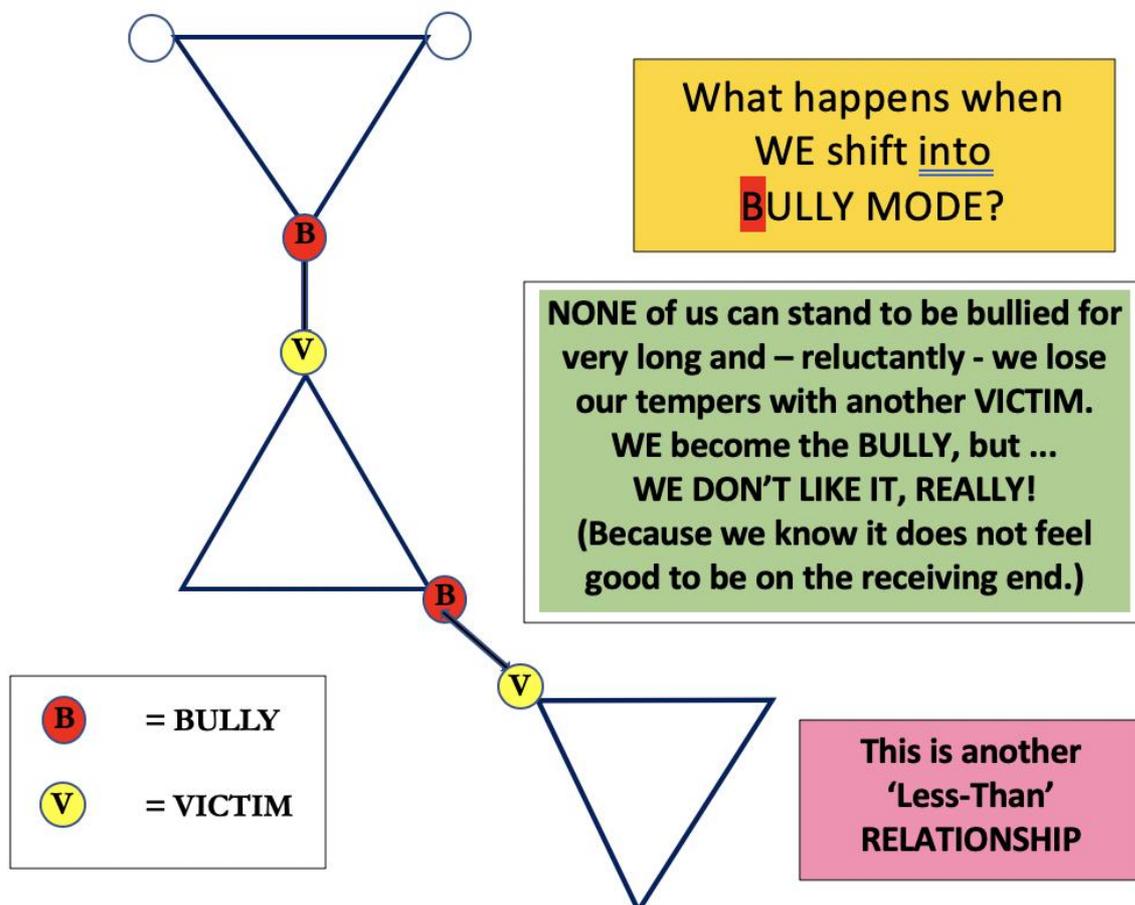
We humans have a different layer of complexity because not only do we think and feel but we also speak. (We will look at the language – ‘victim-speak’ - a little bit later on.) Obviously, animals communicate, but this book is not intended for them and I don't know enough about what goes through their minds!

Let's see what happens next

We move from playing the role of Victim and we adopt the role of Bully

None of us can bear to be bullied for very long.

The FIRST chance we get, we will do one of two things: Just like the dog I mentioned before, we rush over to our 'BULLY CORNER' and latch onto another VICTIM and give him/her a hard time. **FIGURE 5.**



Assuming the role of the Helper/Rescuer

This is the SECOND of the two options we have when we are bullied.

It is probably the 'easiest' role for us to play but it is STILL an UNHEALTHY or LESS-THAN RELATIONSHIP.

Having found a VICTIM to HELP or RESCUE, we feel much more relaxed and it makes us feel as if SOMEONE values us.

Why 'easy'? Because we are 'looked up to' by someone who is needy and needing our help. We feel the most 'empowered' when in this role in the third corner of the triangle.

Why 'unhealthy'? Because we are really saying or implying to a Victim: "You are too weak to do this yourself. You need ME to take charge." In other words, you are DISEMPOWERING them and reinforcing their sense of unworthiness.

Summary

It does not matter which of the 3 unassertive positions or postures or roles we adopt in Life, deep down they all feel awful: mentally emotionally and physically.

If we stop for just a moment and examine our feelings and the physical feelings in our body - tension in the chest, tension in the throat, tension in the belly etc – and even the trembly feeling triggered by adrenaline - which of us would not choose to leave this behind forever if we had a choice?

As Thoreau said:

"Most men lead lives of quiet desperation and go to the grave with the song still in them."
— Henry David Thoreau, Civil Disobedience and Other Essays

What choice do we have?

We can simply leave the 2-D World behind us and no longer live in The Soap Opera by deciding to become Assertive and for possibly for the first time in our lives begin to feel truly at peace.

Those of you who have already visited the website will have come across The Energy Lock. Find it here: <https://youtu.be/NPEfswtKHE8> By using this, you automatically feel calm, grounded, 'centred' and in control.

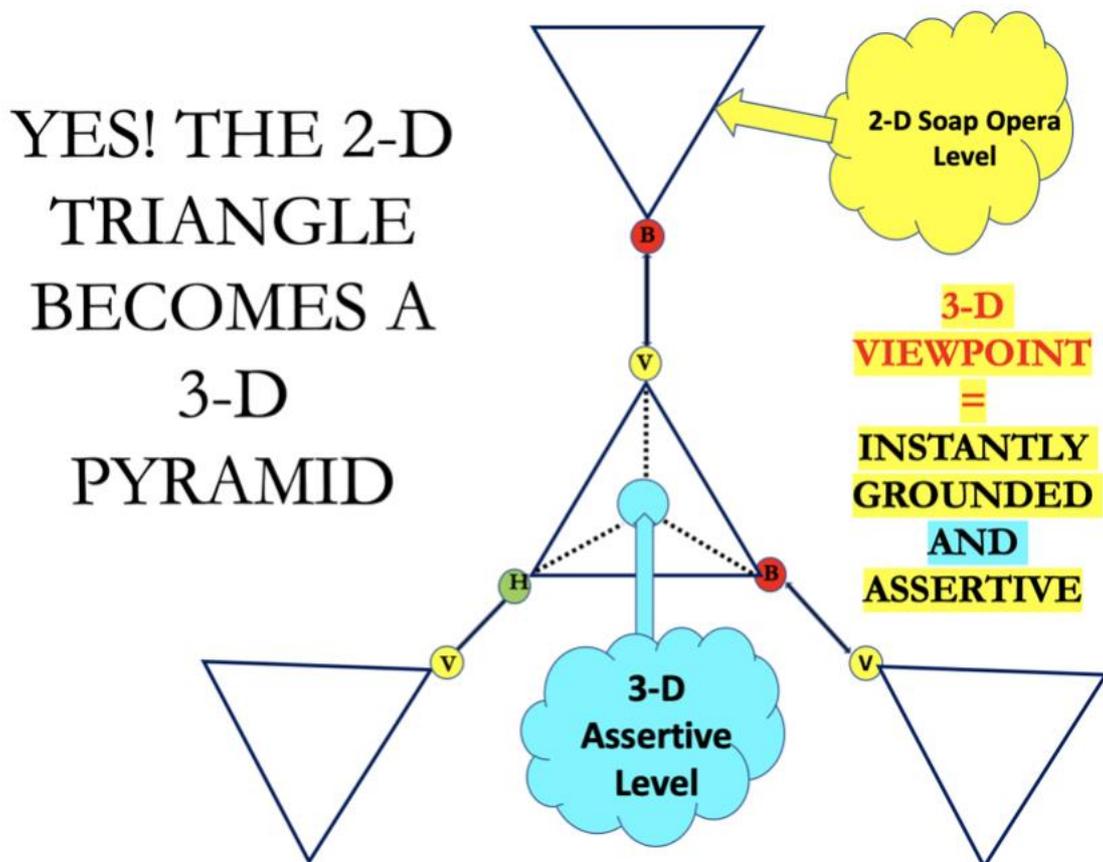
In other words ... it INSTANTLY – AUTOMATICALLY – puts you into AN ASSERTIVE STATE.

This short E-book simply explains Assertiveness intellectually. The Energy Lock DOES it!

How do we achieve this?

Instead of being either Victim, Bully or Helper we need to be somewhere else. By moving into the CENTRE of the triangle (the Turquoise dot) we get as far from the other 3 positions as possible.

FIGURE 6.



Now comes the exciting bit

This is where we shift from the 2-D Soap Opera World into the 3-D ASSERTIVE World

We are stepping up from the two-dimensional soap opera onto the top of a 3-D PYRAMID.

As we sit on the top of the pyramid we can clearly see below us the 'less-than' relationships for what they truly are and we can see the drama or soap opera from a detached viewpoint

This does not mean that we are 'better-than' other people

This does not mean that we are 'better-than' other people at all, as you will see. What it does mean is that, for the first time in ages or for the first time ever, we are finally in touch with ourselves.

We are no longer in 'quiet desperation'.

We are in a balanced, focused, centred and Assertive State.

This will remind you of something we have already tackled earlier in the book!
(Hmmm..... Back to the Energy Lock!)

When we are sitting assertively on top of the pyramid (on our Cosmic Unicycle!) and focused on our 'dan tiens' we are ASSERTIVE

'GROUNDED'

CALM

SELF-CONFIDENT and with

GOOD SELF-ESTEEM and GOOD SELF-WORTH

COMPASSIONATE

STRONG

IN CONTROL and did I mention:

HAPPY, even

JOYFUL

CREATIVE

FULL OF FUN

PLAYFUL and

RESPONSIBLE

ORGANISED (if we choose to be, of course)

HAPPY-GO-LUCKY

In short, EVERYTHING and ANYTHING we CHOOSE TO BE

NOW WE CAN REALLY BEGIN TO CHANGE THINGS!



Dealing with the FIRST of the TWO 'Bully/Victim Games'

This is one way of dealing with this 'game' when WE are in the VICTIM ROLE, 'attracting' a BULLY. This is what it looks like:

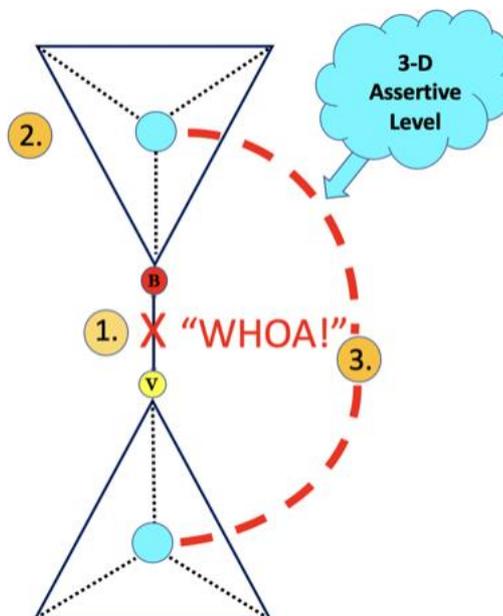


FIGURE 7.

As you will see, it is a non-confrontative approach that creates a new 'space' for you both to move into. It is non-judgmental. Both parties are simply playing different Soap Opera roles.

You might say:

1. "Hang on! WHOA! I like you but I do not like the way we are getting on together. It is nobody's 'fault' and I would really like to sort this out with you. We are accidentally pressing each other's buttons!"

"Can we sit down and talk about it? I have just learned about this great technique and I would love to share it with you. I like you but I do not like this behaviour that we are getting into. We are both decent people."

2. Show them this E-Book and how to 'Rise Above' it and to get onto their own pyramid by showing them this entire process.

3. Communicate 3-Dimensionally (from this new perspective) with your New Friend-For- Life Assertively, Respectfully, Calmly, Groundedly and Peer-to-Peer!

FROM NOW YOU WILL BOTH INSIST THAT EVERY RELATIONSHIP WILL TAKE PLACE ON A 3-D LEVEL ... OR NOT AT ALL!

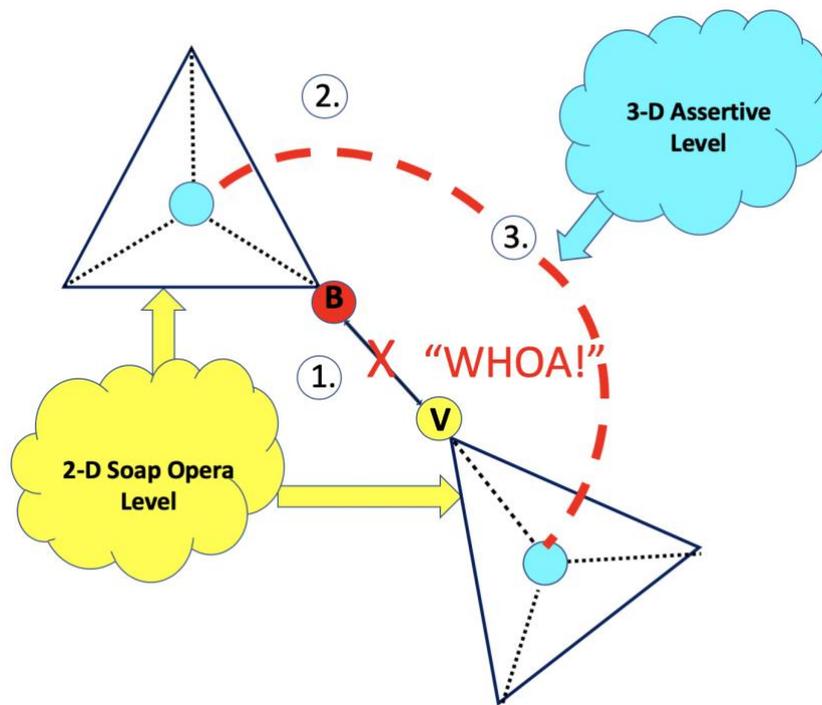
Dealing with the SECOND of the TWO 'Bully/Victim' Games

This time you are being drawn into or provoked into playing "The BULLY" to their "VICTIM".

They are trying to pull you off your pyramid and back into the Soap Opera.

It is manipulative ... if they are conscious and deliberately doing it!

FIGURE 8.



You might say:

1. "Hang on! WHOA! I like you but I do not like the way we are getting on together.

It is nobody's 'fault' and I would really like to sort this out with you. We are accidentally pressing each other's buttons!"

"Can we sit down and talk about it? I have just learned about this great technique and I would love to share it with you."

2. Show them this E-Book and how to 'Rise Above' it and to get onto their own pyramid!

3. Communicate 3-Dimensionally (from this new perspective) with your New Friend-For- Life Assertively, Respectfully, Calmly and Groundedly, peer-to-peer!

FROM NOW YOU WILL BOTH INSIST THAT EVERY RELATIONSHIP WILL TAKE PLACE ON A 3-D LEVEL ... OR NOT AT ALL!

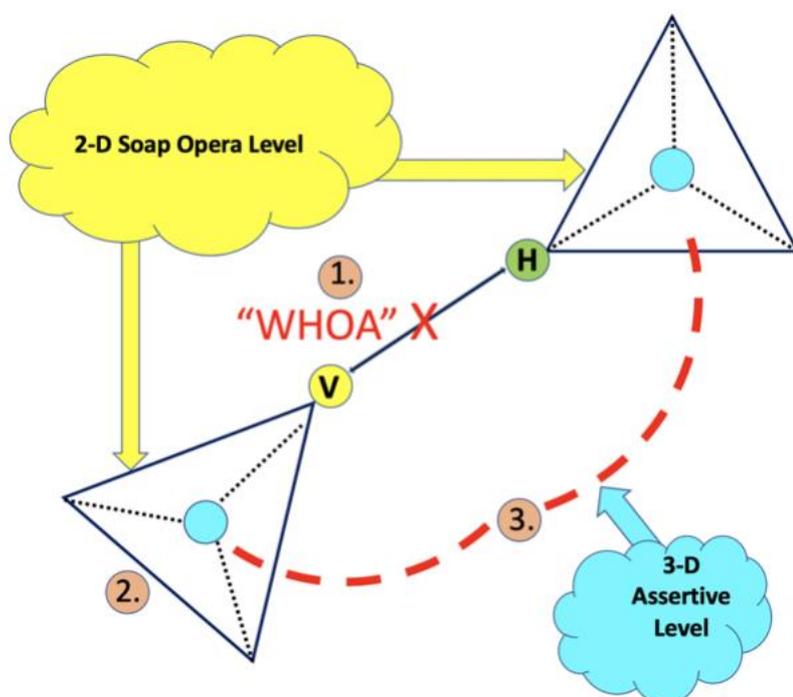
Dealing with the 'Helper/Rescuer-Victim' Game

This time you are being drawn into or provoked into playing "THE HELPER/RESCUER" to their "VICTIM".

They are trying to pull you off your pyramid and back into the Soap Opera.

It is manipulative ... if they are conscious! They may say something like this: "Oh! You are SO good at this sort of thing. I am hopeless. Could YOU paint my house for me, please? Do you know anyone like this?" This is what it looks like:

FIGURE 9.



1. Say "Hang on! WHOA! I like you but I do not like the way we are getting on together. It is nobody's 'fault' and I would really like to sort this out with you. We are accidentally pressing each other's buttons!"

"Can we sit down and talk about it? I have just learned about this great technique and I would love to share it with you.

2. Show them this E-Book and how to 'Rise Above' it and to get onto their own pyramid!

3. Communicate 3-Dimensionally (from this new perspective) with your New Friend-For- Life Assertively, Respectfully, Calmly and Groundedly, peer-to-peer!

FROM NOW YOU WILL BOTH INSIST THAT EVERY RELATIONSHIP WILL TAKE PLACE ON A 3-D LEVEL ... OR NOT AT ALL!

IT IS ABOUT EMPOWERING PEOPLE: VICTIMS, BULLIES and RESCUERS!

... and we are all in the same boat!

It is NEVER about: "better than ..." but ... "better for everyone!"

The old joke is:

Q. "What happens when EVERYONE IN THE WHOLE WORLD IS ASSERTIVE?"

I would like to suggest:

A. HEAVEN on EARTH?

WHAT HAPPENS IF PEOPLE REFUSE TO ENGAGE AND REFUSE TO CHANGE THEIR BEHAVIOUR?

Well ... here is one approach!

YELLOW CARDS ... RED CARDS ... + ... HOT POTATOES!

We all know that if somebody misbehaves on the sports-field they can be given a Yellow Card by the referee. Well, we don't have to be as strict as a referee!

We might give them a 2nd or even a 3rd Yellow Card! Followed by a Hot Potato that you drop in their laps while you pop out to the loo!

Here is how it might work:

Say "Excuse me. I said this to you before: I like you ... BUT I do not like this sort of relationship with other people. It is not good for either of us."

"I really need to understand what you don't understand about what we talked about. If we are going to continue to be friends, I need this behaviour to become a thing of the past."
(Basically, you are giving them a "Yellow Card"!)

Then instantly change the subject or go to the loo. "Sorry. I will be back in a minute."
(You have also given them a 'Hot Potato'! ... something to think about!)

Don't mention it when you get back and simply carry on as if they ARE behaving themselves.

You have made your point kindly, gently and compassionately without rubbing their noses in it.

WHAT IF THEY DO IT AGAIN?

If it happens AGAIN, you might CALMLY say: "Have you noticed that this old stuff is happening again?"

"Surely, you are not trying to deliberately provoke me? Oh! Excuse me ...I have to pop to the loo. Back in a minute." (Another Yellow Card + Another Hot Potato.)

WHAT IF THEY DO IT YET AGAIN?

IF it happens again – Red Card them! You might say CALMLY but FIRMLY
"I am sorry. I have said this several times now: I like you. Despite this, you have obviously made your OWN choice to continue with this behaviour anyway.

"As I have explained more than once already that I will not tolerate this behaviour from ANYBODY – EVER - again ... then YOU are choosing to go your own way."

"It is a shame, but Goodbye!"

WARNING! LOOK AFTER YOURSELF

If you think that the person could potentially be violent or is a narcissist* or is gas-lighting* you, seek PROFESSIONAL HELP way before things get anywhere near to this stage. A BULLY can also be said to be a TYRANT, an ABUSER or a MANIPULATOR.

(*) Google these terms to better understand what I mean

I AM NO BRUCE LEE, MYSELF

If there are 10 drunks coming towards me armed with baseball bats after the pubs have closed ... I would turn tail and run!

SUMMARY

Human beings rely on 'community' ... deep-down we need to be accepted. Being ostracized by our community is devastating. (e.g. 'Being Sent to Coventry.')

Generally speaking, people WILL be willing to change their behaviour rather than being alone.

Ungrounded people alternate between Bully, Victim & Helper/Rescuer.

We can show them that there is an alternative.

The Message we give out to others

When we say to people:

" I like you but I don't like this behaviour of yours" ...

... we are holding the door open and inviting them to leave that OLD behaviour behind and step into a new 'space' to become friends ... and never have to mention the 'old stuff' again.

I maintain that this is not a manipulative, but a compassionate way to provide some firmer ground onto which they can step.

If we can explain that all of us go through this stuff to a greater or lesser extent, that softens the message and makes it non-judgmental.

WHEN WE ARE UNGROUNDED AND UNBALANCED

When we feel alone, angry and alienated we lash out (BULLY), or play weak (VICTIM) or we spend our lives rescuing people (HELPER/RESCUER).

You may have heard of 'Positive Strokes' and 'Negative Strokes'

We all need to be acknowledged and recognized for our mental and emotional wellbeing.

We all feel better when we receive approval, a kind word, thanks and validation that we are a worthwhile human being. These are known as 'Positive Strokes'.

(Naturally, if we are in balance and have good self-esteem and a sense of being a worthwhile person ... if we love and approve of ourselves whether other people recognise our worth or not ... that is ideal Because our happiness does not depend on the approval of others.)

If we are 'wobbly' or 'needy' – if we are not in balance and out of control back in the Soap Opera – we are naturally experiencing VICTIM mode and we will seek out 'Positive Strokes' from others. If we cannot get any Positive Strokes, we will seek out Negative strokes. After all, even a Negative Stroke is better than NOTHING.

If we become angry or frustrated – if we are again in an unbalanced state and in BULLY Mode - we will either give OUT Negative Strokes to others or create a situation which results in us RECEIVING them from others.

EITHER OF THESE IS PREFERABLE TO NOTHING or TO BEING IGNORED

P.S. A Bit more about Bullies

By empowering a BULLY to take responsibility with dealing with the fact that they are VICTIMS of another BULLY either now or in the past we help everybody: the FORMER BULLY and everyone they deal with from now on, and of course, we are helping ourselves in the process by having yet one more decent and respectful person in our lives.

The 'game' (not a monumental mountain) becomes how to gradually turn ALL your relationships into top grade relationships: respectful, caring, compassionate etc

This way eventually life becomes as easy and effortless as possible, stress-free, fun and creative.

You might say: "That sounds like hard work..."

Those of you who have had children understand that if you're teaching your child how to tie their own shoelaces, it is worth persevering for 10, 15 or 20 minutes - or even a few days or weeks - to keep on working at it until they can tie their own shoes.

Otherwise, you end up tying their shoes for them forever.

In just the same way, put in the work with people who for whatever reason could drag you off your pyramid/unicycle...if you let them.

It is worth it, unless they refuse to change and want to 'feed' off you and your good nature ... in which case: it is RED CARD TIME.

Stay calm and grounded

Staying calm and grounded, detached from the drama, sitting calmly on your unicycle will allow you to watch what is taking place in front of you as if it were a soap opera on television. I suggest that while watching you hold your fingers as shown in the 'Energy Lock' and focus on your 'centre' between your bellybutton and the top of your pubic bone.

That can be very useful too.

NOTE: Pick your fights or battles

As I said before, if there are 10 drunks coming down the street towards me and my family, baseball bats in hand, there is NO WAY I would take that on. Quietly slip away and keep on running.

In the words of Shakespeare's Falstaff: "The better part of valour is discretion"

POSTSCRIPT

Thank you for reading this.

I hope you have enjoyed it and from now on you will look at ASSERTIVENESS from a different perspective.

THANKS

To everyone who has helped me on my own Journey through Life ... my Teachers ... my OTHER teachers (my clients) and historically those 'Giants' on whose shoulders we all sit ... all the great Thinkers and Philosophers throughout Time.

Other phrases come to mind:

"There's Nothing New Under the Sun!" and ... "All -isms are -wasms!"

Life – like ourselves - is constantly changing and I hope that this short E-Book in some way helps the readers to get 'unstuck' and move on joyfully into the Future, creating the life that they have always wished for and which we all deserve.

Peter

FEEDBACK is always welcome!

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