

MELANIE PRESTON, LMHC

**SHUT IN
BUT NOT
SHUT OUT**



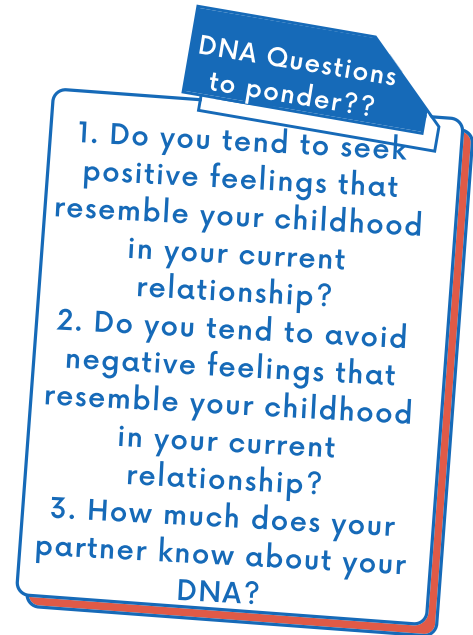
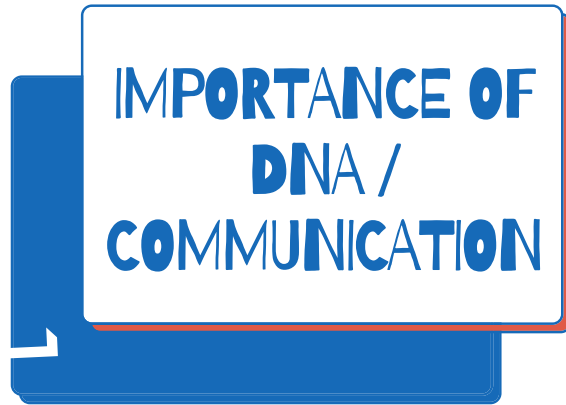
**"Embracing life-producing
conversations"**

WWW.MATTEROFFOCUSEVV.COM

COMMUNICATING NEEDS

WEBINAR OBJECTIVES

1. Communicate individual needs within the relationship
2. Reconnect after a major blowup
3. Identify stressors and develop healthy coping skills



PASSIVE, AGGRESSIVE, AND ASSERTIVE COMMUNICATION

During **PASSIVE** communication, a person prioritizes the needs, wants, and feelings of others, even at their own expense. The person does not express their own needs, or does not stand up for them. This can lead to being taken advantage of, even by well-meaning people who are unaware of the passive communicator's needs and wants.

- Soft spoken / quiet
- Allows others to take advantage
- Prioritizes needs of others
- Poor eye contact / looks down or away
- Does not express one's own needs or wants
- Lack of confidence

Through **AGGRESSIVE** communication, a person expresses that only their own needs, wants, and feelings matter. The other person is bullied, and their needs are ignored.

- Easily frustrated
- Speaks in a loud or overbearing way
- Unwilling to compromise
- Use of criticism, humiliation, and domination
- Frequently interrupts or does not listen
- Disrespectful toward others

ASSERTIVE communication emphasizes the importance of both peoples' needs. During assertive communication, a person stands up for their own needs, wants, and feelings, but also listens to and respects the needs of others. Assertive communication is defined by confidence, and a willingness to compromise.

- Listens without interruption
- Clearly states needs and wants
- Willing to compromise
- Stands up for own rights
- Confident tone / body language
- Good eye contact

IDENTIFY STRESSORS AND DEVELOP HEALTHY COPING SKILLS

Stress: body's reaction to the demands of the world

Common Signs of Stress

Easily distracted / less creative

Negative Thinking

Mood Swings

Weight Loss/ Gain

Hyperventilating/ Panic Attacks

Changes in sex drive

Self-medicating (pain killers, wine, food, etc.)

Stressors: events or conditions in your surroundings that may trigger stress

EXTERNAL AND INTERNAL

-DEVELOPING COPING SKILLS-

1. Identify individual stressors & share with significant other
2. Develop a plan to start strengthening psychological resilience

****Based on results of Stress Scale and Follow-Up Questionnaire****

The Holmes-Rahe Life Stress Inventory

The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

LIFE EVENT	MEAN VALUE
1. Death of spouse	100
2. Divorce	73
3. Marital Separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation with mate	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual Difficulties	39
14. Gaining a new family member (i.e. ... birth, adoption, older adult moving in, etc.)	39
15. Major business readjustment	39
16. Major change in financial state (i.e. ... a lot worse or better off than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in the number of arguments w/spouse (i.e. ... either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
20. Taking on a mortgage (for home, business, etc. ...)	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (i.e. promotion, demotion, etc.)	29
23. Son or daughter leaving home (marriage, attending college, joined mil.)	29
24. In-law troubles	29
25. Outstanding personal achievement	28
26. Spouse beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)	25
29. Revision of personal habits (dress manners, associations, quitting smoking)	24
30. Troubles with the boss	23
31. Major changes in working hours or conditions	20
32. Changes in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activity (i.e. ... a lot more or less than usual)	19
36. Major change in social activities (clubs, movies, visiting, etc.)	18
37. Taking on a loan (car, tv, freezer, etc.)	17
38. Major change in sleeping habits (a lot more or a lot less than usual)	16
39. Major change in number of family get-togethers ("")	15
40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc.)	11

Now, add up all the points you have to find your score

TOTAL

*150pts or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.
 150 to 300 pts implies about a 50% chance of a major health breakdown in the next 2 years.
 300pts or more raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.*

IDENTIFY STRESSORS AND DEVELOP HEALTHY COPING SKILLS

After completing your Stress Inventory, take turns sharing the results with your significant other.

Answer the following questions:

1. In what ways has stress been affecting your emotions?
2. What are you doing that helps you cope with your stress?
3. What ways are you coping with stress that are having a positive effect on your relationship?
4. What ways are you coping with stress that are having a negative effect on your relationship?
5. What actions would like to take to cope with and reduce stress in the future?

**MELANIE PRESTON, LMHC
MATTER OF FOCUS COUNSELING**

CONTACT INFORMATION

WWW.MATTEROFFOCUSEVV.COM

**E-MAIL:
MATTEROFFOCUSEVV@GMAIL.COM**

812.660.9200

**FOLLOW ON
FACEBOOK/ INSTAGRAM
@MATTEROFFOCUSCOUNSELING**