

THE PROBLEM WITH PASSIVITY!

*Do not let your boss, your spouse, your kids, your neighbors, or anyone push you around or walk all over you. This does not mean you need to be a butt-hole - but you may need to draw some clear lines for the people in your life. Want to do it right? Communicate expectations clearly, and consistently. People cannot treat you the way you want them to treat you unless you tell them **how** to treat you...Josh Hatcher*

WHAT TO KNOW!

- ❖ Passivity leads to half-hearted commitments and goals; it allows oneself to be led, manipulated, or used by others for their means
- ❖ Being passive is being unassertive and not doing or saying what one needs to do or say
- ❖ Passivity is learned; it is comfortable and avoids the stress of making decisions or expressing oneself
- ❖ Being passive leads to self-criticism, indecisiveness, defensiveness, self-doubt, depression, addictive behavior, and a sense of emptiness
- ❖ People who are passive often settle for less and survive rather than thrive in life
- ❖ Passive people often wait for something to happen or for someone to rescue them rather than take action by themselves
- ❖ In passivity, people do not act for themselves; they blame others, destiny, fate, or luck
- ❖ Passive people put the needs of others before their own; they allow themselves to be mistreated and taken advantage of leading to frustration and anger
- ❖ Passive people downplay their own thoughts while waiting for others to express their opinions
- ❖ Passivity can be overcome by learning to become assertive and having the courage to express one's own thoughts and feelings

WHAT TO DO TO OVERCOME PASSIVITY!

- ❖ Recognize whether you are being passive by being quiet, not expressing your opinion, saying "yes" rather than saying "no", and feeling guilty if you say "no"
- ❖ Change the way you speak; use "I" more often than "you" so that you can express your own needs and wants: "I want", "I think" "I need", etc.
- ❖ Allow yourself to say "no" to requests to do something that you really do not want to do even if it feels uncomfortable
- ❖ Recognize that being assertive is self-care and will not only increase your self-esteem but will reduce anger, depression, and anxiety
- ❖ Remember who you wanted to be and what dreams you had for yourself
- ❖ Consider what stress you are trying to avoid by being passive; are you fearful of something specific or of the disapproval of others if you speak your mind?
- ❖ Other people's feelings are their responsibilities, not yours, so stick to your boundaries
- ❖ Recognize that your thoughts and opinions are more important to you than another's even if you are wrong
- ❖ Express yourself assertively not aggressively so that you can speak up without hurting the feelings of others
- ❖ Focus on the good feelings you have and what you have achieved by not being passive; reinforce yourself
- ❖ Seek professional help if you are unable to overcome your passivity

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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