

Kanawayimik's Counselling Corner

The Kanawayimik Communicator

This issue of Kanawayimik's Counselling Corner is going to talk about the importance of taking control of your own life. Its a new year and time for a new you. To help you take control of your life and make changes Kanawayimik offers numerous programs including our 2 parenting programs, counselling program and Kanawayimiks Family Violence Treatment Program. We also have a new Self Awareness Program which will be offered starting in February 2015. Hope to see you in one of our programs. This issues is going to talk about taking control of yourself and your life though strengthening your personal power in a healthy positive way.

**Resolve your past
so it doesn't dictate your future.
Claim your personal power.**



Personal Power



Personal power is based on individual strengths and feeling good about yourself. It is the ability to make healthy positive choices and have your needs met without violating anyone else's. This type of power allows for self-realization and it is about being ok with yourself and your life choices. (Firestone, 2009) People who are truly assertive feel a healthy sense of personal power.

An example of using personal power that everyone can do it changing habits (Pathway to Happiness, 2009). This could mean giving up drinking pop, implementing an exercise routine or walking away from a harmful situation (Personal power is not about physical strength, but how you use information, thoughts and feelings to get your needs met in a healthy way. A person's self-esteem and self-concept are directly related to whether their needs are met in a positive way (healthy) or negative way (unhealthy). (Bavolek, 2009)

One step towards gaining more personal power is to get to know yourself. Once you know who you are, meaning having a good understanding of how your life events have affected your current situation you will be happier and have better relationships. If you have been through trauma and abuse this will affect how you view yourself and how you relate to people. Victims of violence view the world different than non-victims. This doesn't mean victims can't change their view, because they can.

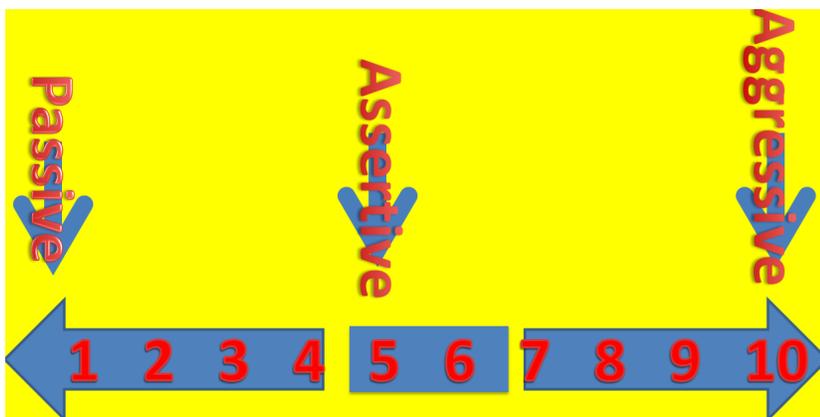
Taking Control of Your life

Human beings live their life in a manner in which they are taught and people learn from their environment and the people they are connected to.

With a good understanding of how you relate to others during good times and bad times you can adjust your behavior to deal with other people in a more positive and healthy way. When you understand what upsets you, this allows you to improve your self-control. This means looking at your weaknesses and learning how to manage them, and move beyond these weaknesses (Mind Tools, 2015). The beginning of this journey is learning if you are passive, aggressive or assertive. Once you understand your own behavior style you can start to look back at your life to figure out where you learned your communication style and what your communication style means about how you feel about yourself.

Assertive Communication

The healthiest or most positive communication style is assertive communication. People who are assertive believe that they are okay and other people are okay. Assertive communication is respectful but also direct. People who are assertive take responsibility and are accountable for their actions. People who are assertive have well-balanced relationships and are able to get their needs met without violating anyone else's. They have a great deal of personal power because they are able to regulate their thoughts and feelings and deep down feel good about themselves. Assertive people know their strengths and accept their weaknesses and they make healthy positive choices and deep down feel like they are a good person.



Most people do not fit 100% in being assertive, passive or aggressive. If you think of assertiveness as being on a scale from 1-10. 1 would mean Passive, 5 would mean assertive and 10 would be aggressive.



Passive communication

Passive communication is communication that is indirect. People who are passive do not speak up for themselves and often speak softly. Passive people often withdraw and isolate themselves from groups and they are very agreeable to others and care a lot about what other people think. Passive people are usually very well liked because they avoid confrontation at all costs and allow others to have their personal power. Passive people do not like to make decisions and when given the opportunity will give other people the responsibility of decision-making. The problem with being passive is a passive person eventually will need to have an outlet and this usually leads to an explosion of emotion and they state things they later regret. Due to passive people not stating what they want and need, depression is very common and passive people often feel resentful and misunderstood. One thing passive people often forget is even though they are not stating things they do not agree with, body language and facial expressions often send indirect messages and this creates tension.

Passive: You are more concerned about others than yourself



No Mouth

Aggressive Communication

People who are aggressive often talk very loud and they get their needs met at the expense of others. People who are aggressive are good at “out talking” those around them and they're often very intimidating. Aggressive people appear as though they only care about themselves and having a true friendship with an aggressive person is difficult. Aggressive people often want personal power, but rather than having personal power they dominate situations and get what they want because people are afraid of them. Aggressive people have an inadequate belief that people respect them, however, people are simply afraid of them so they do not confront their ideas or challenge what they are doing. Although aggressive people appear as though they do not care about other people, the truth is they do care, however, they have been hurt so bad they believe if they allow another person to connect with them they will be vulnerable which will get them hurt. Deep down aggressive people feel poorly about themselves.

Aggressive: You are more concerned about yourself than others



No Ears

What is your core belief in yourself?

Its time to Thrive!

Its "Two Zero One Five" Time to Feel Alive!

To gain a better sense of personal power you need to accept your communication style and realize which situations you are more passive and more aggressive. Everyone can be assertive when there is no conflict. You need to ask yourself how you communicate when discussions are difficult. If you are uncomfortable with a topic do you avoid it? If the answer to this is yes, this may suggest you are more passive. If you believe your way is the best way and do not compromise or you talk a lot, often talking over people, you may be more aggressive. Identifying and accepting your communication style allows you to get to know yourself and to make the decision to change.

Many people are afraid of change but if you allow yourself to really look at your life and address any core issues you have such as trauma, abuse, or unresolved grief, only to name a few examples, you will open yourself up to a more positive and fulfilling life.

Remember if you had a difficult childhood where you felt neglected, unloved, ignored, or you were violated this will affect your core beliefs about your self. Take the time to really evaluate where you are at and address any unresolved issues you have. Unless you do so, you will never feel totally alive and well. Now is your opportunity to change your life because it is in your power to make this change.

Remember how you communicate
with your children and partner/spouse
affects how your children
will learn to communicate

Use the power you have to make changes



Works Cited

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