

**FOR:** Lighthouse Network  
**LENGTH:** :60  
**Title:** Being Assertive  
**Air Date:** June 12, 2014

**INTRODUCTION:**

**Welcome to Life Change with Christian Psychiatrist Dr. Karl Benzio.**

**BODY:**

**When people are stuck, they often ask, “I have trouble being assertive, what can I do?”** While making people feel good is nice, sometimes people-pleasing behavior goes overboard to the detriment of all parties involved. While aggressive behavior considers only your needs, feelings, rights and agenda, while ignoring the other person’s, passive behavior does exactly the opposite – considering only the other person’s needs, feelings, rights and agenda while ignoring your own. Assertiveness is giving equal consideration to your own and another’s needs, feelings, rights and agenda. In short, assertiveness gives you the best chance to look out for both others and yourself and to find a solution that’s mutually beneficial and helps relationships grow.

**CLOSE:**

**If you or a loved one is struggling, go to [844lifechange.org](http://844lifechange.org) or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well!**