



Dr. Tracy's Counseling Services

20 years of experience

Q: Can you help me understand why I cannot stand up for myself with my family and friends?

A: It sounds as if you need help with learning how to be assertive. Assertive behavior is standing up for one's rights no matter what the circumstance.

Those using assertive behavior confront problems, disagreements or personal discomforts head-on. Being assertive is being able to protect one's rights while protecting and respecting the rights of others. Assertiveness comes naturally to some, but is a skill that can be learned. People who have mastered the skill of assertiveness are able to greatly reduce the level of interpersonal conflict in their lives, thereby reducing a major source of stress. They get their needs met (which means less stressing over unmet needs), and help others get their needs met too. Having stronger, more supportive relationships means that you have people that you can count on. Passive people tend to avoid conflict by avoiding communication about their needs and feelings but this behavior can be detrimental in the long run.

Passive people tend to feel like victims but continue to avoid confrontation. They may become increasingly angry until they finally do say something that comes out aggressively. Unfortunately, because the passive person didn't mention that there was a problem, the other party has no idea why they are so angry. This can lead to misunderstandings and problematic relationships. With the help of counseling, you can learn how to be assertive and improve your relationships with your family and friends.

Specializing in the treatment of:

**Anxiety and Depression ~ Addictions
Trauma and Grief ~ General Coping Issues
State of Iowa approved DUI Assessor
Parenting a Special Needs Child
Women's Issues ~ Workplace Stress**

EVENING APPOINTMENTS AVAILABLE
Most insurance accepted.

The goal of counseling is to increase the zest and enthusiasm for living and to strengthen a person's ability to make healthy choices.

We work together as a team to meet your goals.

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