

Only assertive when being attacked

3 upvotes | 26 August, 2017 | by empatheticapathetic

What i've realised is i only get assertive about things when people are trying to attack me. I'm a very easy going dude but generally walk around with low confidence and low energy.

People try to attack me constantly and i only really perk up and get assertive when i finally have to deal with these cunts. I noticed this with my pre TRP oneitis also. I wasn't leading and it took her attacking me for me to really show her she can't fuck with me and take charge. But instead i just walked away because she went too far etc.

I recently cut off a good friend whos business i helped him start up and get thriving and in return after many years he insulted me, took all my help for granted and took all the credit. I showed up the other day, took all my assets and said good luck.

The Issue: I'm not inspiring the fear/respect to stop people from fucking with me preemptively. Not sure where i can start with this. Appreciate any replies thanks.

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Comments

duruga • 3 points • 26 August, 2017 03:11 PM*

I have the same problem as you, reading your post was a bit surreal.

What has worked for me is realizing that my disrespect bar was too high and needed to lower it. Too much was going through. You need to feel attacked quicker basically.

People can be disrespectful with the most candid of the smiles and the sweetest voice. People think they can be cheeky and get away with it. Being cheeky without consequences makes us feel good, so a lot of people instinctively look for a target that allows them to get away with it. It usually escalates with time. People do not live by a strong moral compass, we think we do but we are less morally strict than we'd like to believe. We test other people and take what we can get away with most of the time.

If you don't cut it from the start and let it grow, its where you find yourself in the situation where you put people on their place but its too late to salvage the relationship because the disrespect is too much. You need to cut it from the start.

Understand and realize that a lot of social interactions you had as normal are disrespectful and should not be allowed. Don't let anything disrespectful go through, as much as your brain will want to because it is used to it. At first you'll make some wrong calls but that's fine, you'll fine tune to your new level soon. Adopt a its better to say sorry later than let a person be disrespectful to you attitude. If you think someone is being cheeky with you but are not sure, adopt a confrontational stance and voice while asking what he means or similar.

Some people will still get through at first but with time you'll get better.

You have to be aware that your present attitude is a problem. While the others are the ones playing with you, your attitude is an invitation. Most people out there are not angels but are also not evil, if you present a front that does not allow people to get cheeky, you'll see how you can get along with most people fine and with a lot less drama.

arul20 • 1 points • 26 August, 2017 05:55 PM **[recovered]**

Wow thanks. I have the same issue as you and OP. I basically want to trust or trust people so much that I don't realise when they have been cheeky to me or taking me for a ride. All of a sudden I realise that people I was close to are openly making rude jokes about me or are treating me with disrespect and at that point I'm really angry and want to do something but would be worried that I might go overboard. I also wonder if I let the situation get out of hand in the first place.

On the other hand, it's so tiring and draining to be analyzing people's actions and words for double meanings, insults and betrayal all the time.

Is there something wrong with people like us that we can't enforce boundaries early on?

At least for me I know that in my family I was never respected as a child, had absolutely no say or rights and had no one backing me up as I grew up. I feel it kinda explains why I allow other people to trample me - because I have been raised to take it as a normal interaction with others. Does this seem familiar?

duruga • 2 points • 26 August, 2017 07:16 PM

Your relationship with your family is where it comes from most probably. I had a similar situation with mine. Regardless of who is at fault, it is your responsibility to change it, nobody will do it for you.

Your case seems a worse than what op described. Its important for you to realize that spending some

energy and effort early on, saves you from spending more energy later on. Letting one slide, always comes back to you bigger and worse. When you let one slide, you are not being smart or good, you are being lazy and coward, and setting yourself up for a worse situation later on. Always!. You have been conditioned to lie to yourself and believe it will be all right. This is a lie. It always comes back bigger.

Its important that your subconscious, all your brain, is convinced of this reality. For that, every time you fail and let one slide, at least catch your thoughts, stop any self justification, admit to yourself you failed that one and for that you will pay in the future. Repeat this to yourself inside your head until your brain is not trying to self justify. Then think how you could have handled the situation better or make a mental note to think about it when you have time to meditate. Then get it out of your head and get ready for the next one so you handle it better.

Doing this process again and again will slowly rewire your brain and you'll find yourself having much better automatic thoughts after a few weeks/months.

Also, keep in mind that trying new attitudes will be easier with people that don't know you, than with people you have known for a long time. People that know you will not want to let go of their hold on you and will fight your changes. People that don't know you will give you much more objective reactions. Because of this its better to try new attitudes when you are with new people. You will fail and do stupid shit. Don't despair. Meditate on your new experiences and think on how to react better next time. After some time of this process you'll find yourself automatically reacting better as your brain rewires. With your long term friends, it is better if you take it slower. Change one particular think you don't want to allow from them, and stick to your guns no matter what but just with that. When the situation normalizes change another and so on...

At first you will not see big results and you will be tempted to give up. If you stick with it the gains grow exponentially. At the end, you only live once and nobody is going to do it for you. Its your decision if you allow the same shit all your life (it won't get better) or you put the work and rewire your brain to deal with it.

Good luck, it can be done, but its hard work.

empatheticapathetic[S] • 1 point • 26 August, 2017 08:19 PM

Sounds similar to my family dynamics. I'm the youngest and therefore always the one with the least life experience despite holding myself to high credibility standards. Recently I've started enforcing my boundaries more and dropping family members/ignoring correspondence from those who disrespect me, especially my mother. My mother now rarely calls and is VERY careful about how she talks to me because she knows one stupid comment will result in an ended call.

All you can do is drop disrespectful people. The guy I described in my OP, I decided to cut huge ties with over some fairly shortsighted disrespect on his part. But I simply can't live with someone who has disrespected me. My self esteem depends on it. Remember the sunk cost fallacy and don't let it influence your decision too much. Disrespect requires action from you. Women know this and use disrespect to prompt a break up from you when they refuse to take accountability for their desire to break up with you.

TRP tells you take note of your gut reaction to situations. You mentioned overthinking and second guessing. Overthinking and second guessing is how people manipulate you into their frame. Listen to your gut and take note of what it's telling you.

My issue, as you mentioned, is warning them not to push our boundaries early on through some sort of more assertive behaviour. But what exactly is the aspect of the behaviour that gets this point across?

chachaChad • 1 point • 26 August, 2017 07:47 PM

I'll bet money you didn't have shit in writing regarding that business partner.

empatheticapathetic[S] • 1 point • 26 August, 2017 08:06 PM

No I didn't but i had no monetary stakes and used the business for my own use regularly. My only assets were physical items to which I showed up and collected all a few days ago. Sold him a few that I didn't have any use for and he needed, at a good price for myself. Happy to take if he didn't want to meet my price. He always had a lot more to lose than me, otherwise I wouldn't be in the situation.

The guy in question is very much like a woman. The nicer you are to him the more he loses respect for you and pushes the boundaries of what he can get away with from you. I started treating him too respectfully recently and he started taking the piss, inflating his ego in the process. As soon as he overtly disrespected me I made my plan to go get my assets and blocked him out of my online resources.