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# Taylor-Johnson Temperament Analysis® Trait G

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## Suggestions For Decreasing Submissiveness

### Indications

We are acting overly submissive when we:

1. Do not express adequately our own feelings, desires or ideas.
2. Do what someone wants us to do regardless of what we want or think best.
3. Unduly belittle ourselves and exaggerate the relative importance of others.
4. Ask for help even when we can get along well without it.
5. Have too little energy to be motivated to do our share in discussion and action.

### Origins

We often act overly submissive when we feel:

1. Afraid that what we have to say isn't good enough, that people will think we are stupid or wrong.
2. Afraid that unless we do what others want, they won't like us anymore, that they will attack or humiliate us.
3. Afraid that we will do something wrong even though we actually are competent to do what needs to be done.
4. Resentful because other people make us do too much.
5. Hurt because we feel that we are not being allowed to share in action or talk.

### Suggestions For Decreasing Submissiveness:

**ROBERT WHITE: Please review the following suggestions.**

**Complete the accompanying questions as applicable. You may want to explore these suggestions in greater detail with your counselor.**

1. Have a thorough physical checkup to be sure that your lack of assertiveness isn't due simply to low metabolism, anemia, vitamin deficiency, or other physiological causes.
2. Learn to speak up for yourself by practicing expressing your ideas.
  - a. Every evening and whenever you can during the day, go off by yourself and replay scenes when you keep your thoughts to yourself. If possible, do it aloud, talking to yourself in the mirror. Talking to yourself in the mirror is one of the biggest self-confidence boosters you can find. If you cannot do it aloud, do it silently, visualizing the scene. Express firmly and definitely what you would like to have said. See yourself doing it.
  - b. When you are with people who are not especially important to you, begin to express yourself to them. When you think of something to say, your first reaction may be to suppress it, through habit. When this happens, take a deep breath and say it anyway, just to see what happens.
  - c. When you feel that you have given in more than you should have done, to someone important to you, think over what happened and decide what you want to do and say about it. Make it short and pleasant, but firm. As soon as you have the opportunity, take a deep breath, go up to the person and say what you have decided to say.