Do people take advantage of your niceness? Do you have trouble honestly communicating your feelings? If so, you may be an Earth Angel. In this groundbreaking book, Doreen Virtue teaches Earth Angels—extremely sweet people who care more about others’ happiness than their own—how to maintain their inner peace and loving nature while at the same time holding boundaries. You’ll discover how to overcome fears about saying no, and how to ask for what you want from those around you and from the universe.

Assertiveness for Earth Angels is for anyone who wants to learn the art of speaking up in relationships and in their activism about issues related to the world. Whether you need more assertiveness with your family, on the job, or in your healing work, you’ll appreciate Doreen’s gentle-but-firm approach to negotiating your earthly needs in heavenly ways!

“Everyone is God’s creation, and everyone has a purpose in life. Earth Angels are those who feel sent to Earth to bring about peace and create lasting positive change. Earth Angels use prayer, kindness, and love to help others. They are very gentle, sexual orientation, race, or religion. The common denominator is that Earth Angels feel compelled to help people and ‘make’ them feel happy. In fact, they only feel happy when others are happy. . . . Part of your life purpose is learning how to have healthy boundaries with others. It’s about loving people in a way that’s healthy, instead of ‘enabling’ them. . . . Assertiveness means that you’re aware of your feelings and opinions and that you state them to yourself and others in a way that respects other people’s rights. An assertive person is kind, peaceful, and gentle yet never apologies for his or her feelings, because feelings are to be honored and respected.”

—Doreen

From Assertiveness for Earth Angels

Doreen Virtue holds B.A., M.A., and Ph.D. degrees in counseling psychology, and is a lifelong clairvoyant who works with the angelic realm. She’s the author of Archangels 101, Realms of the Earth Angels, and Healing with the Angels, among other works. Doreen has appeared on Oprah, The View, Good Morning America, CNN, and other programs; presents workshops around the world; and also has a weekly call-in talk show on HayHouseRadio.com. Website: www.AngelTherapy.com

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Doreen's website: www.AngelTherapy.com
To the power of God, which resides within you and everyone.
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I was at a dinner party with several famous spiritual authors. Across from me was a well-known television psychic, and sitting next to her was Esther Hicks (of Abraham-Hicks fame). I was uncomfortable because the psychic had publicly disparaged my work in the past, but I sat there anyway, pretending that everything was okay and trying to make pleasant conversation with her. But she didn’t play nice with me, and everything she said to me felt like a put-down. Finally, the psychic looked right at me and announced loudly to the table, “I just hate people who love unicorns and rainbows!”

Awkward silence. My energy fell. My face grew hot.

Then Esther Hicks saved the day. She looked directly at the psychic and said with perfect strength: “Well, maybe that’s because you haven’t yet had the experience...”
of unicorns and rainbows!” There wasn’t an ounce of sarcasm or placating in Esther’s voice or energy. She was speaking purely from a place of fearless and centered power.

Everyone at the table was quiet. I wanted to run away or duck under the table.

Then the psychic shifted her body weight, sighed, and replied, “Hmm, perhaps you’re right.”

I looked at Esther with gratitude for teaching me one of my most important life lessons that evening. She showed me how to maintain dignity and inner peace in the face of harsh energy. Since then, I’ve devoted myself to studying and practicing this spiritual art. In this book, I’ll share with you everything I’ve learned.

I discovered that there’s a vast difference between being “nice” and being “loving.” I had lived my life as a “nice girl,” covering up my feelings to protect others, and sugarcoating what I said to avoid conflict. “If you can’t say anything nice, don’t say anything at all” was my philosophy. I respected authority without question, and stuffed down my feelings. Then those pent-up feelings would become unbearable and I’d either confront the person who triggered them or leave the relationship.

I thought I was being nice.

I wasn’t.

I was being fearful, which is the opposite of love.

As I prayed for help with my relationships, I began to receive important life lessons. I’d hear them as intuitive “downloads,” meaning that a knowingness or Aha! insight would suddenly appear. Sometimes the lessons would be accompanied by visual or auditory teachings. I’d see visions or hear a voice in my right ear, which is
the way the angels have communicated with me since I was a child.

The first lesson I learned was that sensitive people like you and me were “sent” here as Earth Angels with an important mission: to defuse and reduce conflict on this planet. Our mission doesn’t involve ignoring conflict. It involves resolving it.

We Earth Angels are like loving-but-firm parents sent here to express God’s benevolent power to help others. Here’s an example by way of analogy: If a child wants to only eat candy and says that doing so makes him happy, would a good parent allow this?

Of course not. Even if the child cries or gets angry, a good parent must say no to the request to continually eat candy. The parent may moderate this response by occasionally allowing candy, or may substitute healthier treats. However the situation is handled, though, it comes down to the parent being strong enough to say no.

That metaphor is applicable to our life mission. When there’s conflict on the planet—whether it’s an argument between partners or feuds between countries—it’s akin to little children throwing tantrums because they’re not getting their way. We as Earth Angels need to assume the parental role, bringing about a peaceful resolution.

Managing conflict can be uncomfortable because Earth Angels are so attuned to energy. We can feel when others are stressed, angry, sad, or uncomfortable. Their emotional energy affects us directly. Fortunately, we can use our awareness to shift this discomfort in a healthier and more peaceful direction.

Remember the metaphor of the caring parent: she gets involved in her child’s conflict because she
loves him. With a loving heart, you step in and tell the truth—whether it’s with your child, a friend, your spouse, or a co-worker. You reveal your real feelings, because you know it’s the only route to a long-lasting and healthy relationship.

Holding your feelings in is like putting a steadily increasing amount of air into a balloon. There’s a limit to how much air the balloon will hold before it explodes!

**Making Peace with Conflict**

Adversity pushes us to become stronger, and I’ve had my share of adverse experiences! I’ve been tricked, manipulated, sued, gossiped about, betrayed, lied to, abandoned, stalked, used, abused, and subjected to just about every other painful situation you can think of. Yet, instead of being bitter, I’ve grown stronger and wiser with each experience.

In fact, I’ve learned that when your back is pushed up against the wall (metaphorically), you find your inner strength. A couple of years after Esther Hicks defended me, I was going through a divorce in which my ex-husband’s lawyer was viciously going after every penny I’d ever earned . . . and would ever earn. They were demanding my home, my entire retirement savings, and half my future earnings for life.

My conflict-phobic self normally allowed angry people to take whatever they wanted from me, in exchange for peace. *But this time I had no choice but to stand up for myself*. I had to face the conflict head-on. I prayed constantly for help, and I clearly heard Archangel Michael say that he was watching over me.
The situation was frightening and enraging. I endured process servers, depositions, and courtrooms. I felt emotions that I’d never previously experienced. I remembered past lifetimes of persecution.

At first, I was angry with him for “doing this to me.” I felt like a complete victim.

I finally awoke from my Earth Angel “bubble” and realized that these negative things were happening in my life because I wasn’t listening to heaven. I realized that God and the angels had tried to forewarn me of every one of those painful experiences, and if I’d noticed their red-flag warnings, I would have avoided a lot of pain. So I had to do major forgiveness work to come to peace with myself for ultimately betraying my own self.

Once I forgave myself for getting in the situation that I was in, I found my inner power and strength. I stood up for myself and took charge of the situation! It wasn’t about the outcome of the divorce. It was all about me learning how to face adversity with grace, poise, and peace.

Now I want to pass along this exciting information to you! You, too, can learn how to peacefully and lovingly take care of yourself in harsh circumstances.

I’ve learned so much from each painful occurrence, and this book is my opportunity to share this hard-earned knowledge with you. So my knowledge comes from firsthand experience, as well as working with people around the world.

I’ve interviewed, counseled, and taught thousands of Earth Angels across the globe. I’ve learned about the fears that drive us to act in self-sabotaging ways. And more important, I’ve learned how to overcome those fears and behaviors!
In my undergraduate psychology classes, I learned about and studied assertiveness in intellectual ways. I knew that assertiveness was a way to communicate my feelings and needs while respecting the rights of others. What took me years to learn was how to respect my own rights.

Are You an Earth Angel?

*Earth Angel* is a term I use to describe people who:

- Are highly sensitive
- Have an innocence in their outlook on love and life, which others may call naïve
- Believe in God’s loving power (but aren’t necessarily religious)
- Are gentle and caring
- See the best in others, including their hidden potentials
- Are trusting and optimistic
- Have been taken advantage of by those who use the Earth Angels’ niceness for their own gain
- Have had painful relationship experiences, but still believe in true love and friendship
- Cherish the magical parts of spirituality, such as manifestation, unicorns, fairies, mermaids, and the like
Preface

- Feel called on a mission, with a sense of duty and stewardship toward others, including strangers
- Want everyone to be happy
- Are unhappy when others are upset
- Believe in fairness

Does that sound like you or someone you love?

Everyone is God’s creation, and everyone has a purpose in life. Earth Angels are those who feel “sent” to Earth to bring about peace and create lasting positive change. Earth Angels use prayer, kindness, and love to help others. They can be any gender, sexual orientation, race, or religion. The common denominator is that Earth Angels feel compelled to help people and “make” them feel happy. In fact, they only feel happy when others are happy.

Sometimes Earth Angels are called lightworkers, which is a related term for highly sensitive people on a spiritual mission to bring peace to the world. To me, Earth Angels are a subcategory of lightworkers. They are the sweet, caring, and giving lightworkers of the world.

In my books Earth Angels and Realms of the Earth Angels, I describe the various realm origins of lightworkers, including that of the incarnated angel. In this book, the term Earth Angel encompasses all the realms. It also includes rainbow, crystal, and indigo children and adults.

In the ultimate sense, Earth Angels are performing an important mission collectively by walking around smiling and uplifting everyone with whom they come.
into contact. They are natural healers whose very presence heals people, animals, and plants. Earth Angels are highly connected with the Divine, and they’re naturally intuitive. In fact, they’re so connected that they’re frequently ungrounded, spacey, and forgetful.

If you’re an Earth Angel, you’re obsessed with other people’s happiness. If anyone you love is unhappy, you become upset. You may blame yourself for his or her unhappiness, which creates the Earth Angel cycle of codependency, where your happiness is dependent upon another’s. And since you can’t control others’ happiness, you feel unable to predict or control your own, as it’s contingent upon someone else.

Earth Angels are usually “conflict-phobic,” meaning that they fear arguments and confrontations. Angry people are the opposite of happy people to an Earth Angel. So if faced with such an individual, Earth Angels will shut down and usually comply with the other person’s wishes, feeling at fault if someone is unhappy or angry. They are convinced they’ve failed in their mission to bring happiness to others. As a result, Earth Angels will do practically anything to keep the peace!

Their conflict phobia makes Earth Angels targets for manipulative people who take advantage of others’ niceness. Before they learn their earthly lesson about holding boundaries, Earth Angels usually fall under the spell of narcissistic individuals who only care about their own needs. (We’ll discuss this topic in depth throughout this book.)

Earth Angels find themselves in a bind because their life purpose is to bring peace to the world. They are lights sent from heaven to shine peace and happiness and lift others’ consciousness and vibrations—so they’re usually
the world’s kindest, nicest, and gentlest people! In fact, they pride themselves on being sweet in the roughest of situations (although Earth Angels do lose their tempers when pushed to their limit).

Earth Angels view themselves as tough, even though they’re highly sensitive. They shoulder other people’s burdens and rarely ask for help. If help is offered, they won’t accept it. They’re afraid of “bothering” anyone. An Earth Angel thinks: *If I allow this person to help me, I’m making him go to a lot of trouble, which might result in him feeling tired or sad. I don’t want to inflict that on another person, so I’ll just do everything myself.*

Because Earth Angels can see everyone’s hidden potentials and inner light, they tend to overlook other people’s hurtful behavior—especially toward them. An Earth Angel will make excuses about someone who’s mistreating them, saying, “Oh, she didn’t mean it . . . it wasn’t that bad,” or “He was just having a rough day.” The person who’s acting hurtfully doesn’t need to expend any effort in justifying him- or herself, because the Earth Angel does it for him or her!

How are such people supposed to learn about the effects of their behavior if Earth Angels are constantly making excuses for them? How are others supposed to take responsibility for their lives, if Earth Angels are offering to do everything for them?

As an Earth Angel, you’re here to bring more light into the world, not to enable people’s egocentric behavior! By constantly giving in all of your relationships, you may suffer from symptoms of imbalance, including:

— **Resentment.** Feeling used for being nice, and not having the niceness reciprocated, you may find that the
resentment builds up, becoming a toxic, acidic energy that sours you and can lead to health consequences.

— **Fatigue.** Constantly giving is draining on your time, energy, finances, and other resources. You may stay up late and get up early to have enough time to give to others.

— **Money issues.** Are you paying for everything? This is an unhealthy imbalance in your relationships.

— **Health issues.** You may develop serious health concerns from your energy imbalances. These can range from skin problems (repressed anger) to weight gain (protecting yourself with body fat) to throat ailments (fear of speaking up) to breast issues (nursing everyone until you’re drained).

If you have high self-esteem, you’ll choose relationships with nice people who won’t take advantage of you. However, most Earth Angels are drawn to unhappy people who need “fixing.” This gives them a sense of purpose.

You might meet truly nice people, but not notice or be attracted to them because they’re already healed. So your heart beats faster when you meet unhappy or angry people, since they present a challenge. *I can make him happy,* you unconsciously decide.

Other people can sense that you’re desperate for them to be happy. So they start to take advantage of you and depend upon you for their entertainment, support, and emotional well-being. And when they’re unhappy (which is most of the time, because only *they* can give happiness to themselves . . . and we’re all unhappy when we’re taking advantage of someone else, or looking
outside of ourselves for happiness), they blame you! And you then blame yourself, and your light dims.

Part of your life purpose is learning how to have healthy boundaries with others. It’s about loving people in a way that’s healthy, instead of “enabling” them.
INTRODUCTION

What Does It Mean to Be “Assertive”?

There's a lot of confusion and misunderstandings about the word assertive. Some people confuse assertiveness with aggression. It's no wonder they're afraid of being assertive!

Therefore it's very important that we define our terms so that we can have a mutual understanding of what we're talking about here.

A Definition of Assertiveness

Assertiveness means that you're aware of your feelings and opinions and that you state them to yourself and
others in a way that respects other people’s rights. An assertive person is kind, peaceful, and gentle yet never apologizes for his or her feelings, because feelings are to be honored and respected. Assertiveness is spiritually Divine, because it’s a way of interacting that acknowledges that you are one and equal with others. Therefore, you have as much right to be happy as other people.

— Assertiveness in personal relationships: If you’re assertive, you know that relationships are built upon revealing your true self. Otherwise you’ll never feel loved, because the other person doesn’t even know the real you! The only way to genuinely feel loved is to take the risk of being your true self and then find that you’re accepted and cherished for who you really are.

— Assertiveness in business: In business settings, it’s all about gaining respect. When you’re assertive at work, you tell it like it is. You don’t raise your voice or put anybody else down personally or attack others’ opinions. You don’t have to be tough or traditionally “masculine” to be assertive. In fact, assertiveness can be extremely gentle. An assertive businessperson speaks calmly and passionately at the same time.

— Assertiveness in life-purpose situations: As an Earth Angel, you have a very important life mission. You’re here to speak up on behalf of those who can’t speak for themselves (such as children, animals, oppressed people, and Mother Nature and the environment). You’re here to help others hear and trust Divine messages. So this means you’ll be called into doing work as a teacher, where you convey important information,
either in a formal setting such as a classroom or as you meet people along the way.

As an Earth Angel, you’re also expected to do advocacy or activism work. This means staying aware of what is going on in the world and making sure everyone has a voice. In practical terms this means that you’ll sign petitions, speak out, spread awareness, go to meetings, contact your local representatives, volunteer, pray, and attend peaceful rallies.

**What Assertiveness Is Not**

Now let’s contrast that assertive energy with aggression and other similar characteristics.

*Aggression* means that you care only for your own feelings and rights and not about the other person. Aggression is loud, angry, and ugly. An aggressive individual wants to wear down the other person’s resolve by being imposing, threatening, and obnoxious until his or her demands are agreed to.

Of course, we all occasionally lose our tempers. And hopefully we learn from this every time it occurs. The learning can be about ways to deal with anger that don’t involve storing it up until we become explosive.

Aggression is different from occasionally losing your cool. Aggression means that you’re selfishly pushing your will upon another person. It means that you’ve decided that your rights are more important than someone else’s. Earth Angels are much too sensitive to engage in this type of behavior for long. The Earth Angel knows that we are all one, with equal rights.
Passive-Aggression

Passive-aggression is often confused with assertiveness. The passive-aggressive response means that you’re afraid of conflict, so you show your anger in ways that hurt other people but are so under-the-radar that you can’t be blamed.

— In business settings: Passive-aggressive people sabotage the work assignment that they don’t want to do. For example, a woman I know was given a task at work that she absolutely deplored. But she was afraid of saying no to her boss, so instead she made many mistakes while completing the task to ensure that she’d never be asked to do it again.

— In personal relationships: Examples of passive-aggression include withholding love or sex until you get your way, or saying something mean about your partner in public that you haven’t had the courage to say directly to him or her in private.

Passivity

And then there’s just plain old passivity. This means that you don’t acknowledge your feelings to yourself or others. Being passive means that you have numbed your feelings so that you no longer care about yourself, others, or the issues in the world. Passive people have run away from responsibility and their emotions by “checking out” through drug use or other addictive behavior, spaciness, depression, isolation, or running from job to job or relationship to relationship.
— **In business settings:** Passive people go along with their bosses’ whims and wishes without question. In life in general, passive people are like corks floating on the sea, without any control or opinions. They have dreams, but they never expect to realize them. Dreams are for “lucky, rich, or famous people.” The passive person believes that fortunate people were born that way, without realizing that the same opportunities are available to everyone through determination and hard work.

— **In personal relationships:** Being passive means that you allow others to control what you do. This is often called “being a doormat.” People who are passive frequently become depressed, in a state that is referred to in psychology as *learned helplessness.* It’s almost as if your spirit has been beaten out of you. Fortunately, your soul is alive and well, and ready to be reignited.

Some people are passive because they’re afraid of being seen for who they are. This usually stems from a childhood where they were teased or punished for speaking or acting up, or from a past life in which they were killed or tortured or faced some other painful outcome. While passive people desperately want to be effective in this world, they’re afraid of taking that risk. So in my teaching and Angel Therapy work, I help them see that they *aren’t* living in their childhood or that painful medieval life they remember—and that life is about taking risks!
Homework from Heaven

Occasionally I will meet people who will argue with me about their passivity. They’ll tell me that they’re being passive in relationships and in the world because they’re using the Law of Attraction. Their argument is that what you think about comes into being, so they’re only going to think about goodness and peace and happiness.

And it’s wonderful to put your whole focus on the positive! But it’s not enough. Covering negativity with positive affirmations is like throwing a new rug over a dirty floor. The dirt’s still there!

If prayers and positive thoughts were enough, you and I could have just stayed in heaven and sent positive energy to the people here on Earth. When we truly pray (and don’t just mouth the words), we always receive “homework from heaven,” which are action steps we’re Divinely guided to take.

Homework-from-heaven action steps include reading a book, making a call or driving across town, teaching others about a topic, starting a new project, and so forth.

The reason why we’re in physical human bodies is because there’s a need for our human voice, our human efforts, and our human action steps.

Think of the different archangels as the heavenly counterpart to this:

• **Archangel Michael** is constantly effecting his purpose of eradicating fear by taking angelic action steps. He uses his signature sword and peaceful warrior energy to clear away lower energies.
• Archangel Ariel is very active in helping heal and preserve the environment.

• And then there’s Archangel Gabriel, whose actions involve delivering messages and encouraging human messengers such as writers, teachers, and artists.

These angels offer perfect examples of ways for us Earth Angels to take action. Sometimes we need to put up a fight like Archangel Michael. Sometimes we need to stand up for the environment like Archangel Ariel. And at other times we need to speak up like Archangel Gabriel. These are all very powerful action steps!

Sending light and love doesn’t mean mouthing words and saying a quick prayer. It means going deep within yourself and calling upon the power of God and the universe to fill you up and then sending that power outward. This doesn’t have to take a lot of time, but it does mean blocking out external distractions. So close your eyes and breathe deeply, and call upon the light and the love of the universe to build within you and strengthen your resolve.
Earth Angels are “nice” people, with big, open hearts, so they can’t see when they’re involved in toxic relationships. They excuse and minimize other people’s behavior: “He didn’t mean to act that way. He was having a bad day.”

Even more toxic is when Earth Angels blame themselves for someone’s harsh behavior: “If I were nicer [or thinner, smarter, richer, etc.], then he’d treat me better.” This is nonsense! Don’t take responsibility for someone’s cruel treatment.

Earth Angels tolerate harsh and even abusive relationships because they’re afraid of being alone, being
in the wrong, or being judged. They force themselves to rise above mistreatment by disconnecting from their feelings.

Dissociation from your feelings does no one any good. It makes you out of touch with your physical body, which can lead you to overeat without realizing you’re full. It can also lead you to ignore symptoms that need immediate healing treatment.

Dissociation also keeps you from sensing your emotions. When you’re numb, you can’t hear your angels’ messages. Your sensitivity shuts down. Since heaven’s messages come on the frequency of your attunement to energy, you need to be in touch with your feelings.

Earth Angels don’t know any better than to stay in a harsh relationship, because they haven’t had a lot of experience with human relationships. After all, they’re used to living in the higher-vibrational realms! This has led them to be socially awkward, and they may feel terribly lonely. So they allow any relationship to persist because they don’t want to be alone.

As an Earth Angel, you’re a teacher for peace. If you take the harsh treatment others dish out, how will they learn? Also, if someone’s treating you harshly, he or she is definitely doing the same to others. By your teaching him or her a better way to behave, you can prevent other people from being mistreated.

**Harsh and Toxic Behavior**

When you first meet people, they’re on their best behavior. They’ll agree with you, even if they really don’t. It can take up to two years before you see the real person. That’s why it’s important for Earth Angels to take things
slowly in their romantic relationships and friendships. Until you get to know the real person, don’t get married to—or go into a long-term business with—him or her.

In any relationship, there’s a synergy (energy exchange) between both people. Unless you’re being authentic, you don’t know how well you interact. If you’re both pretending when it comes to your feelings and opinions, and being falsely polite and insincere, there’s no real relationship.

The following pages list the most common types of toxic relationship behaviors for you to recognize, and how to deal with them in honest and assertive ways that are healthful for you and the other person. These examples give you guidance as to how to assertively handle toxic situations.

Most Earth Angels have been beaten up by life and suffer from low self-esteem and feelings of worthlessness. So they often don’t recognize abusive and toxic patterns in their relationships. Earth Angels don’t know any better than to accept hurtful behavior from others. They deny and excuse such behavior, while secretly suffering in silence. So this list will help you not feel ashamed or alone in your relationship patterns, and also give you a way out.

By pointing out these harsh relationship patterns, we’re not judging the individuals involved. Many times, Earth Angels are so wary of being judgmental that they overdo acceptance. This isn’t about judging another person; it’s about being aware of the dynamics within the relationship.

Sometimes, style differences between you and the other person are what cause the harsh energy of the relationship. For example: You’re quiet and gentle, and
he’s loud and rough. You’re spontaneous and go with the flow, but she’s all about planning and organizing. Through awareness and honesty, style differences can be negotiated harmoniously if each person is willing to compromise and have compassion for the other person’s style. However, where abuse is involved, the relationship needs to end and healing needs to begin.

This list is to open your eyes and help you to be aware of your honest feelings when you’re with other people. It also gives you some suggestions for assertive ways to manage these various scenarios. There’s no implication that you need to leave or abandon anyone; however, you do need to take care of yourself and any children affected by your being in a toxic relationship.

### Interrupting

The person who continually interrupts you doesn’t really care what you have to say. Interrupters are people who are anxious to hear the sound of their own voice, and who are convinced that they provide the most interesting and accurate conversation. Very often, the interrupter is someone who’s abusing caffeine or other stimulants, making him or her anxious and hyperactive.

— **How this relationship affects you:** If you’re in a relationship with an interrupter, you begin to talk really fast to get your words in before they can be interrupted. You start to feel anxious whenever the interrupter initiates conversation with you.

— **How to handle this:** Assertive Earth Angels will stop someone the first time he or she interrupts them
and say “Excuse me, I wasn’t finished talking” in a very calm and peaceful way. If you touch the person’s arm while saying this sentence, the impact is even stronger. Remember that you’re helping the other person become aware of a habit that’s likely blocking him or her in all other relationships, personal and professional. You’re teaching how to be a better communicator.

Correcting

Correcting is similar to interrupting, except worse. People who are prone to this behavior not only interrupt you, but also “correct” what you’ve been saying. They may point out errors in your grammar or pronunciation, like your old English teacher. Or they may tell you much more about the topic you’re discussing.

While it’s great to learn new facts and proper grammar, it’s this person’s continual correcting that becomes tiring. No one likes to feel small or stupid, and that’s how you feel when you’re with this person. You always feel “one-down” from him or her. Some people engage in correcting behavior because that’s how they show that they care about and love you. They believe that by “improving” you, they’re helping you. Other times, correctors conduct this behavior out of an unconscious habit.

— How this relationship affects you: Anxiety around a corrector is a normal response. You walk on eggshells, worried about the next mistake you’ll make. If you live with one, it will affect your self-esteem. You may doubt your own intelligence, and give your power away to the other person, because you believe that you can’t do anything right.
— **How to handle this:** As an assertive Earth Angel, you must face these situations head-on, so you’ll need to tell the corrector how you honestly feel. By giving candid feedback to the corrector, you help him or her develop better relationships. If his or her correcting style annoys you, it annoys everyone else, too. So, the next time this person corrects you, take a deep breath and say: “Sometimes I feel that you’re more my teacher than my friend. And while I appreciate you adding to my body of knowledge, I’d prefer to have conversations where it’s just us sharing our feelings instead of you trying to teach me.”

### One-upmanship

People who one-up others have done everything better than you, on a larger scale, and they want to tell you about it! Any story that you relate will be scarcely digested before it is regurgitated in a more grandiose version—starring *them*. Such people only listen enough to hear the topic of discussion so that they can immediately go to their memory banks and extract their experience of that situation, which was over-the-top amazing. They’re so insecure and desperate for attention and approval that they step all over other people’s spotlight to grab it back for themselves.

— **How this relationship affects you:** Your body exhibits signs of tension and resentment. You feel unheard and unappreciated. In this sort of relationship, you feel lonely because it’s a one-sided conversation at all times. You also feel disappointed that the other person won’t
share in your excitement or other emotions concerning the experiences you're relaying.

— **How to handle this:** Such people have no idea that they're upsetting, annoying, or pushing others away with their superiority complex. They're extremely lonely and wonder why people aren't impressed with their accomplishments. They believe that if people are impressed, they'll be loved and valued. Once you understand the depth of such a person's loneliness and desperation to be loved, an assertive Earth Angel can go from there.

The heart of assertiveness is being honest and taking responsibility for your feelings. So never point the finger and claim that the other person is making you angry. It's his or her *behavior* that's triggering you. Let the one-upper know that you value and admire him or her, as long as that's sincerely how you feel. You don't offer these compliments unless you really believe them, or else you're manipulating and trying to control the other person's reaction to you, which is dysfunctional and dishonest. Explain that you'd love to share your own experience and enjoy the details, without turning the tables to talk about his or her experience right away. Tell the person that sharing experiences is like enjoying a really good meal, and you want to savor each course one at a time.

**Clingy Neediness**

Clingy people are insecure individuals who latch onto whoever will acknowledge their existence by giving them attention. As a caring Earth Angel, you can
sense that such people need love. The problem is that they’re a bottomless pit of neediness, which neither you nor anyone else can fill. This person is constantly texting, calling, and e-mailing you. He or she may even pop over unannounced for visits. This individual may have a misconceived notion of the degree of your friendship, and mistakenly believe that you’re best friends when you’re actually casual acquaintances.

— **How this relationship affects you:** This person has you looking over your shoulder constantly in an effort to avoid him or her. You start to feel guilty because you know that this person enjoys your company and feels he or she needs you, even though in a spiritual sense no one needs anyone as their Source.

— **How to handle this:** It’s important for you, as an assertive Earth Angel, to always tell the truth with love. So you’ll need to summon the courage to tell this person that you’re quite busy with projects and need more space. This insecure person will likely feel wounded and take your words personally, but you can’t put your whole life on hold to coddle someone. You’re enabling unhealthy behavior by pretending to be friends. Perhaps there’s someone else who would genuinely enjoy this person’s company, and if you get out of the way by being honest, it leaves room for that new and more appropriate individual to come into his or her life.

**Stalking**

Stalkers take the needy and clingy behavior to a whole new, and sometimes dangerous, level. Almost
always, this is an ex-lover who won’t let go. He or she shows up at work, your home, or your friends’ homes; calls you constantly; and incessantly begs you to return to the relationship. Very often, these pleas are accompanied by promises that he or she has “really” changed this time. If you don’t comply with the person’s wishes, the behavior may escalate to abuse or threats.

— **How this relationship affects you:** For some people, having a stalker is a misguided boost to their self-esteem. But make no mistake, stalkers don’t love you. They want to own and control you, which is the opposite of true love. If the stalker is telling you that his or her life is ruined without you, or threatening to commit suicide if you don’t come back, you may be racked with guilt and worry. This person has probably caused you great anxiety and even sleepless nights. In extreme cases, you may have had to file for a restraining order to keep him or her away from you.

— **How to handle this:** Don’t give this person the satisfaction of any form of reaction. Any reply that you offer encourages him or her to continue stalking you. Have the stalker’s number blocked from your phone, or change yours if you have to. Block him or her on your e-mail and social-media sites. Have no contact with the person whatsoever. If there’s any history of violence, contact authorities and file for a restraining order. Don’t take threats lightly. Stalkers have committed violent crimes many times. Call upon Archangel Michael to cast this person permanently out of your life, and vow that in any future relationships where there are signs of extreme jealousy, controlling behaviors, or stalking, you’ll run the other way.
Guilt-Tripping

Guilt-trippers are practically professionals at getting their way through manipulating other people. They won't take no for an answer. They have a well-rehearsed bag of tricks they use to cajole others and get what they want. They might cry, threaten to hurt themselves, say that no one loves them, or remind you of the times that they helped you.

— How this relationship affects you: You feel resentful or even enraged that you're being pushed against your will, but you feel you have no choice but to comply with the guilt-tripper's wishes. If you feel yourself being pushed to help someone through guilt or implied obligation, this is a sign that you're being manipulated.

— How to handle this: By facing this situation directly, you will accelerate your spiritual growth. Guilt-trippers aren't accustomed to hearing “no,” but it's good for their spiritual growth to have that experience. After all, they have no close relationships because they don't have authentic one-on-one connections with anyone. All of their relationships are egocentric. So, by telling this person no and sticking to it, without guilt or excuses, you're giving the guilt-tripper the opportunity to have a spiritual-growth experience of his or her own. The guilt-tripper will either find another victim to harass or will realize that these methods aren't healthy or effective. This is especially true if everyone in your circle agrees to stop enabling the behavior, and all of you say no to guilt-based requests.
Angerholism

“Angerholics” are addicted to being angry. They get mad at the smallest and slightest provocation, and must immediately announce that they’re angry. Such a person has a short fuse and a hot temper. He or she may inflict emotional, verbal, or even physical pain on others. Angerholics always have a justification for why they’re angry, and rarely take responsibility themselves.

— How this relationship affects you: As an Earth Angel who greatly dislikes conflict, you’re highly sensitive to the energy of anger. You therefore walk on eggshells around angry people. You do everything you can possibly think of to appease them. You may even take the blame for their anger, especially if they’re yelling that it’s all your fault.

— How to handle this: Angerholics usually come from a dysfunctional family, and require professional therapy in order to confront their addiction to anger. For this reason, you and your love alone will not unravel their angry tendencies. These are people who get angry at everything. Release the fantasy that you’ll find the winning combination that will finally make them happy and peaceful. Stop bending over backward and twisting yourself into knots in order to please such a person. This is a relationship that you may need to leave or distance yourself from, unless the person commits to intense therapy.
Unreliability

Unreliable people promise to help you, but forget to follow through. They miss appointments with you, are never on time for your get-togethers, and can’t be counted on to honor their commitments.

— How this relationship affects you: For the Earth Angel with low self-esteem, this relationship leaves you feeling unloved and not valued. You start to think that this is your fault, and that if only you were “better,” then this person would be more reliable. For an Earth Angel with high self-esteem, you realize that this is an unreliable person, and it’s not your fault. Therefore, this relationship may make you angry and prone to complain about your unreliable friend.

— How to handle this: The assertive Earth Angel handles all situations directly. With the unreliable person, you must set firm and clear boundaries. The next time the person makes an appointment with you, explain that your time is valuable and that if he or she is not there within 15 minutes of the appointed time, you’ll need to leave. You must set boundaries with the person ahead of time, or you may end up feeling like a victim—which you’re not.

Nosiness

Busybodies entertain themselves by putting their noses into everyone else’s business. They boost their own insecurities by taking pride in knowing the intimate details of everyone’s lives—which they will share
as the latest gossip. They may even create drama among people in their circle, just so that they have more entertainment to watch unfold. That particular behavior pattern is known as the *pot-stirrer*. They often use subterfuge and deceitful tactics to get you to admit personal details to them, which they’ll then immediately blab about to others.

— **How this relationship affects you:** This type of relationship may confuse you, unless you’re in touch with your feelings and trust them. An Earth Angel who’s new to this sort of behavior may mistake prying questions as being a sign that someone actually cares.

— **How to handle this:** If you have the feeling that someone doesn’t care about you and your life but is just pressing for details to entertain him- or herself as if you’re a reality show, *trust that feeling*. Stop feeding the shark! Don’t share any further information about your life. When you’re asked intimate questions, the direct and honest answer is “I’d rather not discuss this.” If you say this enough times to nosy people, they’ll move on to another target. Or, in the best-case scenario, they’ll wake up and discontinue their dysfunctional and hurtful behavior.

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**Grumpiness**

Grumpy people are frequently in a foul mood, either due to physical pain, because of hangovers from addictions, or because they blame everyone for their unhappiness. In extreme cases, grumpiness can lead to psychological or verbal abuse.
— **How this relationship affects you:** It’s never fun to be around a grumpy person, especially if you take it personally and blame yourself. If this individual starts name-calling or attacks you verbally, your self-esteem will be wounded and depression can set in.

— **How to handle this:** No matter what reason a person has for grumpiness, he or she is still not allowed to violate your deal-breaker boundaries. There’s never an excuse to abuse someone with unkind words. So, state your boundaries clearly and then make no exceptions. If the person continues to violate them, you must leave or distance yourself. Give any guilt to heaven for healing and transmuting (and read about “Getting Rid of Guilt” in Chapter 6).

### Accusatory Tendencies

Accusatory people constantly deflect their own feelings of guilt onto others. They never listen to reason, and they jump to conclusions. They’re very unpleasant to be around, because they’re always causing drama with their unfounded accusations and blaming.

— **How this relationship affects you:** If you’re not attuned to accusers’ games, you may play right into their hands. If that’s the case, you’ll accept their blame and feel guilty and bad about yourself. If you have caught on, though, you’ll understand that you’re not at fault. And your reaction will be anger, hurt, or confusion. You might engage in blaming wars, where you both hurl accusations at each other in an unending battle.
— **How to handle this:** This person is always looking for a fight, so virtually anything you say will be put into the blender of his or her mind and turned into something that’s completely different from what you’ve said. This person is usually out of touch with reality and only listens to his or her own ego’s twisted logic. Therefore, the assertive Earth Angel handles the situation directly but also realizes the futility of argument.

On the one hand, if you don’t stand up to accusations, they may grow in size and scope within your family, company, or community. However, you needn’t engage in a merry-go-round of defending yourself continuously. Usually, the only way to deal with accusers is to be very firm and even loud as you tell them that they’re mistaken in their accusation. Don’t hurl counter-accusations or put-downs. Keep the conversation clean, brief, and on-topic. If this is a business situation and you’re certain of your innocence, you may need to state that inaccurate accusations are slander that is illegal.

**Victimhood/Martyrdom**

Martyrs are perpetual victims and complainers. Their view of the world is that it’s “them” against “poor-little-me.” Probably for their whole lives, they’ve felt picked on and singled out. They’ve grown up to believe that they’re especially victimized by everyone and every system. Such individuals will tell you, in minute detail, every instance in which they’ve been taken advantage of. These are usually people with very low energy, bordering on depression. They’re not looking for solutions—only acknowledgment and poor-baby sympathy.
— How this relationship affects you: It’s draining to be around victim-martyrs, because they’re constantly talking about the deep dark hole in which they live. At first, you’ll be shocked by how much this person has been mistreated throughout his or her life. And you might lose sleep worrying about him or her surviving in this world. But after a while, you catch on that this person has an amazingly long string of bad luck, way beyond statistical chance. You also notice that this person rejects suggestions and advice. He or she will say, “Oh, I’ve already tried that, and here’s why it didn’t work.”

— How to handle this: Since victim-martyrs look for rescuers, and then eventually start to resent their rescuers and persecute them, avoid investing a lot of time in this relationship. There are plenty of true victims who sincerely want help, and who desire to improve their lives. There’s no sense in wasting time on someone who only wants to complain. A direct and assertive approach would be to tell this person sincerely that he or she is in your prayers, and that you’ll meditate about receiving Divine guidance as to how you can be of assistance. Don’t let victim-martyrs tell you how you are to help them. Make it clear that you get all of your guidance directly from God. And then stick to this intention. Please don’t worry: The victim-martyr is a professional at finding rescuers. If you don’t assume that role, another person will come along shortly who will.

Controlling Behavior

Controlling people need to be in charge of everyone and everything. If they aren’t in charge, they’ll act out
immaturely and angrily. They’ll pout and they’ll shout until everyone bends to their will. They’re terribly unpleasant to be around, and they have underlings instead of friends or loved ones.

— **How this relationship affects you:** If this is a relationship that you feel like you can’t escape, you’ll be perpetually anxious around this person, particularly if it’s someone who insists on your doing everything his or her way. These are usually people who have a hidden rulebook, and if you accidentally violate one of their rules, you’ll be punished either directly or via passive-aggressive behavior on their part. This could lead to dangerous abuse.

— **How to handle this:** Controlling people usually have deep-seated fears of abandonment, and the only way that they can control their world is by trying to control everyone and everything in their midst. It’s unlikely that you alone could help them with their insecurities, without the long-term help of a professional. But since the controlling person thinks that everyone else is the problem, it’s unlikely that he or she would agree to the amount of therapy needed. If this is a person you’re related to and so will of necessity be in contact with, there’s no need to get into a power struggle. There’s no point, and it’s a no-win. As an assertive person, you have an obligation to your own self-esteem to be honest and direct with everyone about your feelings. Just don’t expect to change the other person by doing so. Keep your conversations with the controlling person as brief as possible, and spend your time with more pleasant and easier-to-get-along-with people instead.
Perpetual Clowning

This person jokes instead of listening to you and diverts every serious discussion with humor, and sometimes inappropriate humor.

— **How this relationship affects you:** Perhaps you were initially attracted to this person’s sense of humor, but it’s gotten old now. Now you view him or her as immature, and incapable of sharing deep and serious discussions.

— **How to handle this:** Everyone has a deep side and real feelings. Perpetual clowns defend themselves against deep-seated painful emotions by staying on the surface of life. Recognize that you have a style difference, and don’t try to change this person or yourself. Assertive Earth Angels recognize that not everyone is like them or even compatible with them.

With the perpetual clown, it’s best to share your feelings honestly. Touch the person’s hand, look him or her in the eyes, and say, “I was hoping that we could have a deeper and more serious side to our relationship, to balance the playful side that I so much enjoy with you.” The perpetual clown, who probably got in trouble for goofing off in school, will be pleasantly surprised that someone is taking the time to get to know him or her on a deeper level. This is an example of a toxic relationship that you can detox with persistence and a dose of honesty.

Loudness

There will always be those who speak and laugh inordinately loudly. They’re the loudest people wherever
they go. When you try to have an intimate discussion, these individuals shout all the details for everyone within earshot to hear. They were usually raised in a loud family where they had to fight for attention.

— How this relationship affects you: If you’re highly sensitive to sounds, this person’s voice may be physically and energetically painful to you. If you’re in public together, you may feel embarrassed because his or her loud voice and laughter annoy other people. You, especially, may become annoyed because you’d like a softer and quieter relationship with this person.

— How to handle this: Because loud people don’t realize the effect that they’re having or believe that it’s not that bad, they need a reality check. If you deeply care about such a person and want the relationship to continue, you’ll need to tell him or her the truth. Usually someone who’s loud has a tough exterior but a delicate interior. So you’ll need to be direct enough so the person hears you, but not so blunt that you’d crush his or her insecure core. And sometimes, people who speak loudly have difficulty in hearing, so your honesty may compel them to seek appropriate medical or hearing-aid assistance.

Substance Abuse

This is a person who is addicted to a mood-altering substance such as alcohol; prescription or street drugs, including marijuana; or even socially acceptable chemicals such as those found in sugar, caffeine, nicotine, or chocolate. His or her personality changes as a result of
using or not using this substance. He or she may be aggressive or lazy; have mood swings; or be jittery, anxious, or argumentative.

— How this relationship affects you: Codependency is a term describing the relationship of a person who loves a substance addict. The codependent person blames him- or herself for the addiction, a scenario that is often reinforced by the addict’s blaming the codependent person. He or she says, “You made me so mad, and now I have to drink.”

Codependent people tend to be anxious, filled with guilt, shame, and remorse. They often turn to their own addictions, particularly food such as sugar or white flour, as a way of stuffing down their own feelings. They want to leave the relationship, but they feel afraid and guilty. If they do leave, they often go right into another addictive relationship until they do deep analysis of their reasons for choosing an addict.

— How to handle this: If you have had even one relationship with an addict and you still harbor hurt and pain over this, or if you are currently in a relationship with an addict who is still using and abusing his or her chemical of choice, you need support. The free 12-step groups called Codependents Anonymous and Al-Anon are wonderful forums for getting strength, support, and sanity. You can find Codependents Anonymous or Al-Anon meetings internationally by searching for them on the web, as well as free online virtual meetings.
Lack of Boundaries

A person who doesn’t respect any boundaries has no sense of personal space. This individual will often “borrow” your possessions without asking, and then won’t take good care of them or won’t ever return them to you. He or she will also disrespect your emotional boundaries by offering you unsolicited advice, judgments, and opinions.

— How this relationship affects you: You’ll feel a lack of control when this person is around, and you’ll want to run far away and never see him or her again. If you must have a no-boundaries individual in your life because he or she is your relative or has some other close tie, this type of person can be crazy-making. You’ll be frustrated whenever you must spend time with him or her. Such people can be lovable and show you that they really care, but the way in which they do so is disrespectful.

— How to handle this: Since this behavior style was probably learned in childhood, it’s unlikely that this person is going to change much in adulthood. The best you can do is to be honest and repeat yourself about your parameters and boundaries. For instance, if you live with this person, it’s very important to have your own personal space and bedroom. Put a lock and a Do Not Disturb sign on your door, and without being passive-aggressive, clearly outline what behavior you will and won’t accept. This person usually will hear repeated directness, even if he or she doesn’t agree with what’s being said.
Name-Calling

Name-callers are verbally abusive, and frequently pepper their conversation with profanities. Sometimes they pretend that they’re doing this as a joke and insist that people who get offended don’t have a sense of humor. “I was just kidding!” they’ll say defensively. Other times name-callers hurl these insults and epithets with the energy of anger behind their words.

— How this relationship affects you: Name-calling can hurt even more deeply than physical abuse, especially for someone who has a sensitive, trusting, open heart. The wounds from verbal abuse can last a lifetime and result in low self-esteem or addictions, which are used to cover emotional pain.

— How to handle this: Verbal abuse is never okay in any circumstance. If the person calls you a name one time during a heated argument and then sincerely apologizes and doesn’t repeat the behavior, this relationship may heal. However, if the verbally abusive behavior continues, you need to seek help and support from a trusted person, counselor, or support group. If the verbally abusive person is a parent or someone with whom you live, it’s very important that you ask for help right away so that you don’t develop deep-seated emotional scars. The sooner you receive help and support, the greater your likelihood of coming through this experience strong and healthy.
Rudeness

Inconsiderate people are always texting when you’re trying to have a conversation with them, take another call when you’re on the phone with them, and look at other people instead of you when you’re talking.

— How this relationship affects you: If you’re related to the rude person, you might feel emotional pain that his or her behavior signals a lack of love or respect for you. If the rude person is a friend or romantic interest, you may have fantasies about telling him or her off or leaving the relationship.

— How to handle this: Although you might argue that there’s nothing you can do to change a rude individual, this is a perfect example of the fact that as an assertive Earth Angel, you are honest for the sake of honesty, and not in order to change the other person. You’ll gain in personal strength and confidence by having an assertive and frank conversation about how you deserve and need respect and attention from the people in your life.

Betrayal

A betrayer breaks your heart and your trust by engaging in hurtful behaviors such as infidelity, flirting with others, lying to you, or exercising extremely poor judgment.

— How this relationship affects you: Since the foundation of relationships is trust, discovering betrayal
is devastating. It makes you question yourself and your reality.

— **How to handle this:** For most people, betrayal is a deal-breaker. If it happens one time, and you feel the relationship is worth salvaging, you can both become closer as you analyze and work on the reasons why the betrayal occurred. You must be extremely clear and assertive and let the person know that he or she has hurt you, and that you’ll not accept this or tolerate this behavior ever again. Know that you deserve relationships with people who honor commitments because they have high self-esteem and know that doing the right thing is part of taking care of themselves and the relationship.

**Gossiping**

A gossiper talks trash about everyone, and perhaps you have participated in that gossip with this person in the past. But then you discover that this “friend” is also gossipping about you behind your back.

— **How this relationship affects you:** You’re surprised or even shocked that this person, who complains about everyone, is now complaining about *you*. You believed that you two were a united team who mutually found fault with others. You’re left with feelings of disbelief and betrayal, and wonder how your judgment could be so off as to trust him or her.

— **How to handle this:** As with all other relationship issues, assertive honesty is healthy for you, although it may or may not change the other person. Someone who gossips is usually addicted to the drama it brings. So,
since you now know that you can’t trust this person, if you choose to continue this relationship, or you must because you’re related to each other, you’ll need to vigilantly guard against feeding the gossip. No more handing out juicy bits of information about your life. This means that you’ll have to be guarded around the person, which will ultimately distance you from him or her.

P.S. Gossip is always hurtful, and any pain you have received from this relationship can be a valuable life lesson, teaching you to never gossip, because it only causes pain for everyone involved.

One-sidedness

In a one-sided relationship, the other person only talks about him- or herself, and never asks how you’re doing. The minute you start talking about yourself, the other person leaves, ends the conversation, or pulls the topic back to him- or herself.

— How this relationship affects you: You feel unimportant, as if you don’t matter. In this relationship, you’ll feel lonely, and “not good enough” to warrant the other person’s attention or affection. Until you catch on to the fact that this person is self-absorbed, you may chase after his or her attention and affection.

— How to handle this: One-sided relationships can go one of two ways: (1) In most situations, there’s no possibility of relationship growth into a mutual friendship, because such people aren’t open to hearing any dialogue except for the part they contribute. (2) In the rarer outcome, you have an assertive talk with the individual,
telling him or her your honest feelings about how you value your relationship and you’d like it to continue under a new dynamic of equal sharing and equal listening. Ideally, the person will listen and be more sensitive to your needs in the relationship. But again, the point of being honest is that it’s healthy, not that it will change the other person.

**Drama Queen or King**

With drama kings and queens, you spend hours on the phone, counseling them and giving them support; however, they never take your advice. Such people have one dramatic problem after another and only want to complain, without taking any steps to heal the situation.

— **How this relationship affects you:** This relationship leaves you feeling drained of time . . . and patience. In the beginning, you’re flattered that this person is confiding in you. But soon, you catch on that the phone calls are never-ending sagas paralleling a daytime soap opera. That’s when you start to avoid his or her calls.

— **How to handle this:** As an assertive Earth Angel, you have to confront the situation directly. Avoiding phone calls is a passive way of handling this. Complaining about this person to others is a passive-aggressive way of handling it. The only healthy way to deal with drama queens and kings is to tell them that you’ll be holding them in your prayers and wishing them well, but you have a lot of responsibilities that you must spend your time on. And then stick to this.
Taking Advantage

Keep your wallet or purse close to you when you’re with opportunists, because they’re constantly trying to figure out how to get money, free gifts and lunches, and anything else that they can extract from you.

— How this relationship affects you: Confused, frustrated, and drained is how you’ll feel around people who take advantage of you. They’re experts at manipulating others into feeling obligated to pay for everything. Even though you may promise yourself that this time will be different, once you’re with the user, your wallet starts to come out. You hear your mouth saying that you’ll help this person with this or that.

— How to handle this: There are many games you could play in an effort to have a more balanced give-and-take relationship. However, remember that dysfunctional situations such as this one are opportunities to grow. So, once again, it’s a matter of making an appointment to talk with the person directly and honestly. For example, you could say to this person, “Let’s go to lunch on Thursday and catch up. Oh, and I’d love it if you’d treat me since I have bought the last five lunches.” And then follow through on this. Stop paying for everything. When the waiter brings the final bill, don’t automatically reach for it. If this is your true friend, he or she will still be in your life. If someone leaves you because you stop paying for everything, the person was never your friend in the first place.
Barbed Tongue

Someone with a barbed tongue insults you, but not directly. What he or she says hurts, but you can’t exactly pinpoint why. This person gives “left-handed compliments,” which are insults disguised as compliments. As an example: “You look so much better in that dress than the last time I saw you wearing it.” Huh? What does that mean?

Such people usually have some very deep-seated hostility and jealousy, and they’re classically passive-aggressive. Instead of directly talking to you about something that’s probably ancient history by now and clearing the old anger with you, they’re going to poke you with hurtful words under the guise of paying you a compliment so that you won’t know that they’re a hit-and-run artist with words.

— How this relationship affects you: You’ll have an immediate physical reaction of pain when this person talks, because you can energetically sense that he or she is hostile. Yet you may feel confused, because your brain is trying to track the person’s words, and they just don’t add up or make sense. He or she may claim that “it’s just a joke” or “you’re too sensitive” if you say anything about his or her stinging words.

— How to handle this: If someone repeatedly barbs you with left-handed compliments, it’s time to question whether this relationship can continue or not. If it’s a close relative, such as your mother or sister, you’ll always have that person in your life in some form. But this doesn’t mean that you have to hang out with him or her all the time. Assertive Earth Angels always handle...
conflict directly with honesty and own their feelings without guilt or apology. So, an example would be to say to this person, “I don’t believe you meant to hurt me with the words you chose to use, but that’s what happened. I was hurt by what I heard you say.” Or, as soon as the person says something hurtful, issue an immediate, honest reaction such as, “Ouch! That hurt!” The person may explain that he or she meant something entirely different than what you heard. If this is the first time there has been a miscommunication, you can discuss and resolve the situation fairly rapidly. However, if this is a chronic pattern or if the person becomes defensive or dismissive of your feelings, it’s time to question or leave the relationship.

Nonstop Talking

When you have a conversation with big talkers, it’s as if they never breathe. All they do is talk and talk and talk, and it’s never your turn. If you say anything, your words are immediately run over and crushed by their dialogue, which is really more of a monologue. When this person calls, you could set down the telephone receiver and walk away. The person would still keep talking, because he or she is not cued in to the other person.

— How this relationship affects you: This type of relationship will leave you frustrated every time. Your need to be heard and listened to isn’t being met. If this is a friend or distant relative, you’ll probably find yourself avoiding him or her, especially telephone calls, which can be very uncomfortable and time-consuming with this type of person.
— **How to handle this:** Set the parameters at the beginning of each conversation by saying, “I only have fifteen minutes to talk before my next appointment,” and then adhere to this strictly. Say, “I’ve got to go, love you, ’bye,” and then hang up. If you wait for the chronic talker to give you his or her blessing that the call is ending, it will never happen. He or she will always say, “Oh, and one more thing.” *You* must initiate and follow through with ending the call.

Be *very* clear with other people about your expectations for the relationship ahead of time. Your ego will argue with you, saying you can’t tell others the truth or they won’t like you. The real truth is that unless you speak *your* truth, you’re nothing but an empty shell to other people.
The day that you no longer need others’ approval is the day you have true freedom. Be real with people, and they’ll respect you more . . . and most important, you’ll respect yourself more.

You can find blessings and healing within every situation, including very sad and upsetting ones. And by doing so, you bring more healed and positive energy into this world.

You can shine your light more brightly by facing the feelings you’re experiencing. Don’t stuff them back down. Feelings are energy, and they need to flow and move.

You can only heal your old grief and anger by allowing these energies an opportunity for expression.

So express your feelings, please. Some examples of modes of expression are:
• Praying
• Creative and artistic projects
• Gardening or nature walks
• Journaling or blogging
• Talking to a trusted friend (living or deceased)
• Connecting with nature
• Engaging in your favorite activities
• Playing music
• Spending time with loved ones

One of my birthday traditions is to go to the gym and enjoy a nice leisurely workout. I began this tradition when I was 25 years old. Since then, I’ve worked out nearly every day as a gift that I give to myself.

On that day when I turned 25, I bought a membership at a local fitness center. I did this because I had meditated upon my life and asked for guidance on how to feel happier about myself. The inner answers I received were to exercise daily and also to “go for” my big desire to be a published author.

I realized that the only way to manifest my desires for greater fitness and to be published was for me to take action steps. My body would only get fit if I exercised it, ate healthfully, and stayed away from processed foods and harmful chemicals. And similarly, I’d only get published if I took the time to write daily and then submit my writing to a publisher.

Well, I did both! And because I put in the daily work of exercising and writing, my two visions of fitness and publication came true.
It wasn’t because I was “lucky.” Luck had nothing to do with it.

My dreams came true because I was willing to put in the time and the effort. I was a busy mom of two little boys, and I was going to college part-time and working full-time. So I had the perfect excuse to say that I didn’t have the time, energy, or money to join a gym or write my book.

But excuses don’t get you anywhere in life. Excuses are saying that you’re a victim to outside circumstances, and that’s never true.

Your ego’s voice isn’t your own. It’s the voice of fear, and you don’t have to listen to it or follow its dictates. Your ego always speaks about what you can’t do. It starts sentences with But . . . such as “But I don’t have enough time,” or “But I need more money first,” or “But what would people think?” The ego is a big “but”!

Don’t allow your ego to talk you out of the joy that awaits you. The journey of pursuing your dreams is joyful. It’s also ambiguous, uncertain, and unscripted. That’s the artistic path of the soul.

So instead of listening to my ego’s arguments, I chose a gym that had a fun day-care center for my sons, Charles and Grant, to stay in while I worked out. I knew it was good role-modeling for them to see their mother exercising regularly, just as I’d watched my mother do. I wanted my sons to learn healthful ways to deal with stress, through exercise, prayer, and meditation. And they did!

I also wanted to show my children that the universe would give us any gifts that we were willing to work toward.
And I wrote my books after my sons went to sleep at night. I created a calendar with self-imposed deadlines, which kept me motivated to finish each chapter.

And then I prayed and summoned the courage to submit those chapters to publishers.

*Every* dream you have works the same way. It’s not enough to wish for something. It’s not enough to pray for or visualize something.

God truly does help those who help themselves.

Instead of arguing why you *can’t* do something, please try this lesson that I’ve learned and shared with you in this book:

Every day, take one action step related to your dreams. It doesn’t matter what the action step is. What matters is that you expend daily effort in your desired direction.

Be your own authority figure and give yourself permission to make the changes you desire. You can make it happen with your clear decision, positive intentions, and willingness to do the necessary work and action steps.

This is a time of huge positive change and energy re-assignments in the areas of home, relationships, and career. It’s a perfect time to go for your dreams, even if you don’t feel ready or clear about your entire action plan.

One step at a time, all dreams come true in ways that exceed your expectations . . . but you’ve got to make the first step!

No more self-doubts!

Whatever you set your mind to and are willing to work toward will happen . . . often in ways that are beyond your imagination.
Take risks and enjoy the journey. Stop playing life safe! And never underestimate the power of a determined Earth Angel (that means you).

God created everyone equally powerful.

Power doesn’t come from money, education, or career titles.

Power comes from God. And you have already got this power right now.

Unleash your inner power for healing; creativity; and making positive changes for yourself, your loved ones, and this world.

All it takes is for you to believe in God’s power, streaming through you.

Believe, and direct your inner power to bring healing light to the world.

Decide where to send your inner healing power, and then send it now!

With love,

Doreen
Doreen Virtue holds B.A., M.A., and Ph.D. degrees in counseling psychology. She’s the author of over 50 books and oracle card decks dealing with spiritual topics. Best known for her work with the angels, Doreen is frequently called “The Angel Lady.”

A lifelong activist, Doreen is involved in charities and movements that support a healthy environment, fair treatment of animals, clean air and water, and organic non-GMO food for all.

Doreen has appeared on Oprah, CNN, The View, and other television and radio programs, and writes weekly columns for Woman’s World magazine. Her products are available in most languages worldwide, on Kindle and other eBook platforms, and as iTunes apps. For more information on Doreen and the workshops she presents, please visit: www.AngelTherapy.com.

You can listen to Doreen’s live weekly radio show, and call her for a reading, by visiting HayHouseRadio.com®.
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