

comments:

Parents, teachers, clergymen, and businessmen have unwittingly conspired to produce a nation of timid souls. In most cases, the church fosters the idea of humility and sacrifice rather than standing up for self.¹⁸

A few pages later Dr. Fensterheim gives a description of the "neurotic spiral." He lists the signs that show that a person is descending into neurosis. The fourth sign he lists is "you feel the rights of others are more important than your own."¹⁹ It is interesting to compare this statement with that of Paul in Philipians chapter two, verse three, "Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves."

AT is clearly based on concepts that are unbiblical. Yet as the methodology and goals of AT are reviewed, it is apparent to this writer that there are some helpful ideas taught. It is like so many other things wherein people are taught to do some things that are right but for the wrong reasons. It is right for a person to express himself honestly and openly to others but to do so out of self-interest is wrong.

In contrast, meekness can help a person to "speak the truth in love" with the needs of the other person in mind and for the ultimate objective of pleasing God. Being timid and withdrawn is not

¹⁸ Herbert Fensterheim and Jean Baer, Don't Say Yes When You Want to Say No, (New York: Dell Publishing Co., 1975), pp. 20-21.

¹⁹ Fensterheim and Baer, Don't Say Yes, p. 30.