

MIRAVA BOOKS

Strength Without Shouting

Boundaries, confidence, and conflict without humiliation

English edition

Free excerpt

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English edition · Revised edition · October 2026

This guide is for families, teams, and people who want to speak firmly while preserving everyone's dignity. Six chapters turn "nobody hears me" into a clear request, workable boundary, and responsibility for your actions. Examples are illustrative, not accounts of real clients. The text and full translations were prepared with AI assistance. This is educational material for safe disagreements. Choose a chapter and practise one skill at a time. With threats or violence, safety and available help take priority; maintaining contact for a good conversation is not required.

MIRAVA · Text and translation prepared with AI assistance.

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Firmness and aggression

Firmness means clearly naming your position and an available action. Aggressive behaviour uses threats, humiliation, or pressure. Volume alone does not distinguish them: a quiet threat is still a threat. You can disagree and end discussion while preserving someone's dignity, without demanding recognition as the winner.

A teenager is interrupted during a family discussion. Instead of hitting the table, he says: "I will finish my thought in a minute, then answer questions." His request concerns conversational order, rather than relatives' character. Adults can support it by giving him time without making disagreement a reason for punishment.

Describe the action you want changed: interruptions, insults, discussion before outsiders. State your need and keep normal volume where possible. Repeat the boundary without adding accusations. If discussion rules are breached, state your next step: stop the conversation or choose another safe format.

Good wording cannot guarantee respect. Someone may be angry and disagree; you need not secure approval at any cost. When a minor faces intimidation or violence, safe support from a trusted adult is more useful than independently trying to persuade a threatening relative.

Exercise: write two versions of a boundary - judging a person and describing an action. Keep the second and add a feasible next step. Say it alone. Check that it asks for a specific change and contains no concealed threat.

This is a free excerpt. The complete PDF contains every chapter listed in the contents. Sales have not opened yet.

Further reading

[1] NHS — Get help with anger · www.nhs.uk