UNDERSTAND / RESOURCE 02

Passive, Aggressive or Assertive?

Compare communication styles and rewrite a response in your own words.

Name / reference: _____ Date: _____

These words describe behaviours, not fixed types of people. Passive responses leave your needs unclear or unexpressed. Aggressive responses use blame, pressure or disregard for others. Assertive responses express needs directly and respectfully. Tone alone does not tell the whole story. Choosing silence for safety is different from freely agreeing.

WORKED EXAMPLE

Someone interrupts you. Passive: "Never mind, carry on" (although you wanted to finish). Aggressive: "Shut up. You always interrupt." Assertive: "I would like to finish my point, then hear yours." Notice both clarity and respect in the last response.

START HERE

Which response above expresses a need clearly and respectfully? Why?

Practice: "I do not care what you want. We are doing it my way." Which style, and what tells me?

Practice: "I suppose that is fine" (when it is not fine). Which style, and what is left unsaid?

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A HELPFUL REMINDER

Practice answers: doing it my way = aggressive; agreeing while hiding a different wish = passive. Look at context, not labels alone.

PRACTISE IN YOUR OWN WORDS

My own situation, described briefly:

A passive response might be:

An aggressive response might be:

An assertive response in words that sound like me:

Whose needs does my assertive response acknowledge?