

Identifying Communication Styles

Instructions:

Read each scenario below and identify the communication style being used: Passive, Aggressive, Passive-Aggressive, or Assertive. After completing the exercise, compare your answers with the key provided.

Scenario 1:

Your friend borrows your favorite sweater without asking and returns it damaged. You say, "It's fine, don't worry about it," but deep down, you feel upset and resentful.

- Communication Style: _____

Scenario 2:

Your coworker interrupts you during a team meeting, and you immediately snap, "Can you not interrupt me? Maybe let someone else talk for once!"

- Communication Style: _____

Scenario 3:

You've been covering for a teammate's missed deadlines at work. When your boss asks how the team is doing, you say, "I guess everything's fine... though some of us are doing more work than others."

- Communication Style: _____

Scenario 4:

Your roommate frequently leaves dirty dishes in the sink. You calmly say, "I've noticed the dishes have been piling up, and it's making the kitchen hard to use. Could we agree to clean up within 24 hours of eating?"

- Communication Style: _____

Scenario 5:

You're overworked and exhausted, but when your friend asks for help moving this weekend, you agree because you don't want to disappoint them.

- Communication Style: _____

Answer Key

Scenario 1: *Passive Communication*

- The individual avoids addressing their feelings and minimizes their needs, which leads to internal resentment.

Scenario 2: *Aggressive Communication*

- The individual lashes out with an emotionally charged response, prioritizing their frustration over respectful dialogue.

Scenario 3: *Passive-Aggressive Communication*

- Instead of directly addressing the problem, the individual hints at their frustration through sarcasm or indirect comments.

Scenario 4: *Assertive Communication*

- The individual clearly and respectfully communicates the issue, proposes a solution, and invites collaboration.

Scenario 5: *Passive Communication*

- The individual prioritizes others' needs over their own, avoiding conflict but sacrificing their well-being.

Reflection Questions:

1. Which scenarios felt most familiar to your own communication style?
2. What do you think holds you back from being assertive in certain situations?
3. Choose one scenario where assertive communication was not used. Rewrite the response to make it assertive.