



## Communication Styles

**Passive-** I do not have a right to my feelings, thoughts, wants and needs, but others do have the right.

Example-                    I am quiet.  
                                  I don't make decisions.  
                                  I go along with others.

**Aggressive-** I have the right to my feelings, thoughts, wants and needs, but others have no rights. So...

Example-                    I am loud.  
                                  I am always right.  
                                  I demand my way.

**Passive-Aggressive-** I have no rights and others don't either.

Example-                    I refuse to communicate.  
                                  I seek revenge in sneaky ways (hidden agenda)  
                                  I don't listen and I don't talk.  
                                  I am sarcastic.

**Assertive-** I have the right to my feelings, thoughts, wants and needs, and others have a right to their own feelings, thoughts, wants and needs. So...

Example-                    I state how I feel and I listen to how you feel.  
                                  I make decisions, but I'm also willing to compromise.  
                                  I'm honest, direct and speak openly.