



BroknOpen

NOT YOUR AVERAGE THERAPIST

HOW DO YOU COMMUNICATE?

understand your communication style and choose healthy connection.



The way we communicate has a huge impact on our relationships and well-being. There are four main communication styles. Assertive communication is the healthiest because it honors your needs while respecting the needs of others.

	PASSIVE	AGGRESSIVE	PASSIVE-AGGRESSIVE	ASSERTIVE
	"I don't matter."	"Only I matter."	"I matter, but I'm not going to say it."	"I matter AND you matter."
	You put others' needs before your own and avoid conflict. You might feel resentful or invisible inside.	You demand, control, or blame others. You may get your needs met, but it often damages relationships.	You indirectly express anger or frustration. You avoid honesty but expect others to figure it out.	You express your needs clearly and respectfully while considering the needs of others.
WHAT IT SOUNDS LIKE	"It's fine." "Whatever you want."	"Do it now." "You always..."	"Sure..." (with attitude) "I guess I have to."	"Here's how I feel." "Here's what I need."
WHAT IT LOOKS LIKE	Avoids eye contact, soft voice, withdrawn body language	Intense eye contact, loud voice, tense or invasive body language	Eye rolling, sarcasm, sighing, avoidance, withholding	Calm tone, steady eye contact, open and confident body language
WHAT YOU'RE TRYING TO ACCOMPLISH	Keep the peace, avoid conflict, be liked	Control, win, get your way	Express anger indirectly, get even, avoid taking responsibility	Communicate honestly, solve problems, build mutual respect
WHAT HAPPENS TO YOUR NEEDS	Unmet, ignored, or forgotten	Met at the expense of others	Unmet, or met in unhealthy ways	Met in a healthy, respectful way
WHAT HAPPENS TO THEIR NEEDS	Often met, but you may feel resentful	Often ignored, dismissed, or steamrolled	Often ignored or confused	Considered and respected
COMMON EXAMPLES	Saying "yes" when you want to say "no." Not sharing your opinion.	Interrupting others. Yelling. Blaming. Making demands.	Silent treatment. Making backhanded comments. Procrastinating.	Expressing how you feel. Asking for what you need. Setting and respecting boundaries.



SAME SITUATION, FOUR DIFFERENT RESPONSES

THE SITUATION:	PASSIVE	AGGRESSIVE	PASSIVE-AGGRESSIVE	ASSERTIVE
A friend repeatedly cancels plans last minute.	"It's okay, no worries." (You feel hurt, but you say nothing.)	"You always cancel!" "You're so unreliable!" (They feel attacked. Conflict increases.)	"Yeah, sure, whatever." (You're upset, but they may not realize why.)	"When plans are canceled last minute, I feel disappointed because I look forward to our time together. I need more reliability so we can plan in a way that works for both of us. Can we talk about it?" (Honest, respectful, and solution-focused.)



Reflection Prompt



Which communication style do you use most often?
How has it been working for you?
What's one small step you can take to communicate more assertively?



Healthy communication builds healthy relationships. You deserve to be heard.
Your voice matters, and so do your needs. ♥