

ASSERTIVE COMMUNICATION

@PSYCHOTHERAPY.CENTRAL

PASSIVE

My needs are
not important

Not being heard

You are okay, I'm not

I tend to give in

I allow myself to
be bullied

I am reluctant to share
my true thoughts

I try to keep the
peace

ASSERTIVE

My needs are as important
as everyone else's

Easy flow of talking
and listening

I'm okay and you
are okay

I tend to
compromise

I stand up for
myself

I find it easy to express
my true thoughts

I try to make
things fair

AGGRESSIVE

Only my needs
matter

Talking over
others

I am okay and you
are not

I tend to take
over

I tend to bully
others

When expressing myself I can
shout or become aggressive

I look after myself

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