

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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