



# Passive, Aggressive & Assertive Communication

Learn the difference, then practice a clearer response.

Communication styles can change from situation to situation. The goal is not to label yourself - it is to notice the pattern and practice clearer choices.

## PASSIVE

I prioritize the other person while minimizing my own needs. I may stay quiet, agree when I do not want to, or avoid saying what I need.

## AGGRESSIVE

I prioritize my needs while dismissing the other person. I may interrupt, criticize, pressure, dominate, or refuse to listen.

## ASSERTIVE

I communicate my needs clearly while respecting the other person. I listen, state what I want, set limits, and compromise when compromise is appropriate.

### Example

A friend asks to borrow something you need.

**Passive:** "Okay... I guess."

**Aggressive:** "Absolutely not. Why would you even ask?"

**Assertive:** "I need it that day, so I can't lend it out. I can help you think of another option."



## PRACTICE: WHAT WOULD EACH STYLE SOUND LIKE?

### Scenario

A supervisor asks you to stay late again, but you already have plans.

Passive: \_\_\_\_\_

Aggressive: \_\_\_\_\_

Assertive: \_\_\_\_\_

### Scenario

Someone you live with leaves a mess you do not have time to clean.

Passive: \_\_\_\_\_

Aggressive: \_\_\_\_\_

Assertive: \_\_\_\_\_

### Scenario

You receive the wrong order at a restaurant.

Passive: \_\_\_\_\_

Aggressive: \_\_\_\_\_

Assertive: \_\_\_\_\_

### Scenario

A friend arrives unexpectedly when you are not available.

Passive: \_\_\_\_\_

Aggressive: \_\_\_\_\_

Assertive: \_\_\_\_\_