



Communication Styles: A Quick Guide

Passive, assertive, aggressive, and passive-aggressive patterns.

Communication is not about being "nice" or "tough." It is about how directly and respectfully we express needs, limits, feelings, and opinions.

PASSIVE	ASSERTIVE	AGGRESSIVE	PASSIVE-AGGRESSIVE
I minimize my needs.	My needs and yours both matter.	My needs matter more.	I hide my needs but show them indirectly.
Quiet, hesitant, apologetic.	Clear, respectful, steady.	Loud, blaming, threatening, or dismissive.	Indirect, sarcastic, avoidant, or resentful.
Goal: avoid conflict or rejection.	Goal: communicate honestly and solve the problem.	Goal: win, control, or overpower.	Goal: get needs met without saying them directly.
Often leads to resentment or feeling overlooked.	Often supports self-respect, clarity, and healthier relationships.	May get quick results but can damage trust.	Often creates confusion, mistrust, and unresolved resentment.

Quick check before you speak

Am I hiding what I need? Am I attacking the other person? Or am I being clear while respecting both of us?