



## How Assertive Are You?

Write yes next to the statements that are like you. Write No next to the statements that are unlike you.

1. I am careful to avoid hurting other people's feelings, even when I feel that my rights have been overlooked.
2. I avoid asking questions because I'm afraid I may sound stupid.
3. To be honest, people often take advantage of me.
4. I have a hard time saying no even when I don't want to do something.
5. There are times when I look for a good argument.
6. When I get angry, I sometimes lose control.
7. I enjoy winning a good confrontation.
8. Anyone who tells stories about me can expect to find trouble.
9. I enjoy talking with people I don't know very well.
10. I am open and frank about my feelings.
11. If someone were talking during a movie, I would ask them to be quiet.
12. When someone pays me a compliment, I can easily accept it and say "thank you."

Name: \_\_\_\_\_

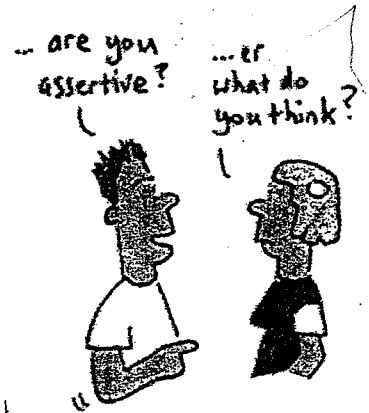
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## Communication Styles

"A man's character may be learned from the adjectives which he habitually uses in conversation." Mark Twain

### Passive Communication (win-lose)

- Unable or \_\_\_\_\_ to express \_\_\_\_\_
- Will do things they don't want to
- Have poor eye contact, Use slouched posture, Have a timid voice



### Aggressive (\_\_\_\_\_ - \_\_\_\_\_)

- Overreact
- \_\_\_\_\_ and Criticize
- Use bullying, \_\_\_\_\_, and possibly physical violence
- Have forward leaning posture, often point, have a glaring look.



### Passive-Aggressive Communication (lose-lose)

- \_\_\_\_\_ others to choose your way.
- Tend to lean towards \_\_\_\_\_ with the air of being direct.
- In win-lose situations you will make the opponent look bad or manipulate it so you win.
- If you don't get your way you'll make snide comments or pout and be the victim.

### Assertive (\_\_\_\_\_)

- Expresses thoughts and feeling without blaming and putting others down
- Appreciates self and others, \_\_\_\_\_ when possible without abandoning \_\_\_\_\_
- \_\_\_\_\_ for thoughts, feelings, and behavior.
- Uses I-messages and demonstrates listening body language.



**Class assessment:** What communication skills do you need to improve on to be more assertive in all areas of your life?

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