

Worksheet: Passive, Aggressive, and Assertive Communication

Write in examples of your own style of passive, aggressive, and assertive communication, and what results from these examples in the space provided below.

Write an example of *Passive Communication*:

How did it affect you and the other person?

Write an example of *Aggressive Communication*:

How did it affect you and the other person?

Write an example of *Assertive Communication*:

How did it affect you and the other person?