

# PASSIVE

# ASSERTIVE

# AGGRESSIVE

Hi, I'm

**PETEY PASSIVE.**

I talk softly and give "cold-fish" handshakes.

I don't stand up for my rights. I tend to avoid conflicts and disagreements.

People take advantage of me!

I have trouble saying "no," and then I'm angry and resentful.

Hello! I'm

**ALEXANDER ASSERTIVE.**

I am an effective communicator, able to express my needs and thoughts. I'm honest, direct and confident. I make good eye-contact and speak with a firm voice!

**YEAH! ATTILA AGGRESSIVE**

here!

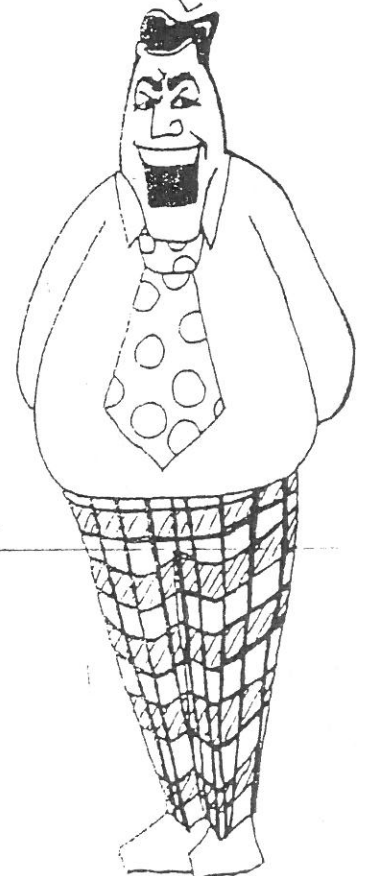
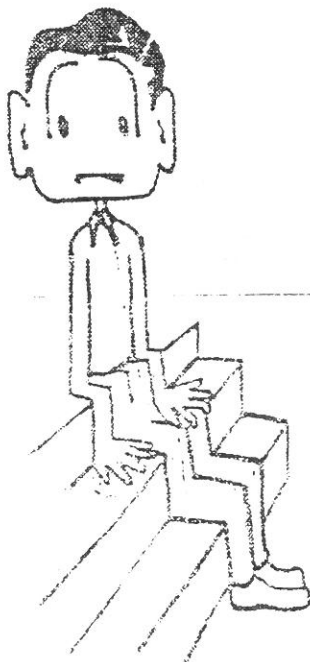
I OFTEN VIOLATE OTHERS BY USING MY POWER, POSITION AND LANGUAGE.

I ALWAYS GET MY WAY, EVEN IF I NEED TO STEP ON PEOPLE TO GET THERE.

I SPEAK IN A LOUD VOICE AND DON'T CARE WHERE OR WHEN I

"BLAST!" SOMEONE! I CAN BE ABUSIVE. I

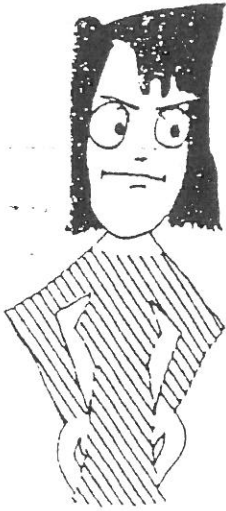
GIVE VICE-LIKE HANDSHAKES. I LIKE TO GET EVEN!



Aggressive • **ASSERTIVE** • Passive

Meet

**AGNES AGGRESSIVE:**

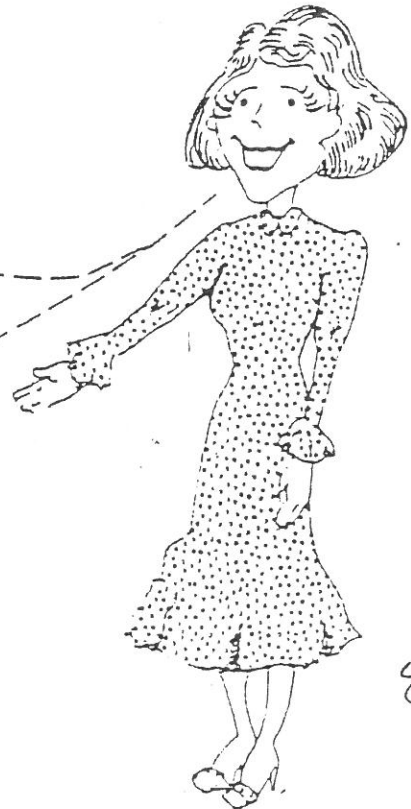


I'm loud, bossy and pushy.  
I dominate and intimidate people.  
I violate other's rights.  
I "get my way" at anyone's expense.  
I "step" on people.  
I react instantly.

Meet

**ALICE ASSERTIVE:**

I'm firm, direct and honest.  
I respect the rights of others and recognize the importance of having my needs and rights respected. I speak clearly and to the point.  
I'm confident about who I am.  
I realize I have choices about my life.



Meet

**PATSY PASSIVE:**



I'm unable to speak up for my rights.  
(I don't even know what my rights are!)  
I get "stepped on" often.  
I'm meek, mild-mannered and very accommodating.