

4 TYPES OF COMMUNICATION

<p>Passive</p> <ul style="list-style-type: none">▪ Shy. Intimidated.▪ Don't share opinions even though they have them.▪ Feel the opinions of matter more than their own.▪ Afraid to state what they feel because others will judge them. <p>“OTHER PEOPLE ARE MORE IMPORTANT THAN ME.” “PEOPLE NEVER THINK OF MY FEELINGS.” “EVERYONE ELSE WINS.”</p>	<p>Passive-Aggressive</p> <ul style="list-style-type: none">▪ Sarcastic. Back-stabbing.▪ Has opinions but doesn't share them and then becomes resentful towards everyone involved.▪ Follows the opinions and ideas of others but talks badly about them or even sabotages their success.▪ Can be two-faced: comes across as pleasant, but actually is very angry and resentful. <p>“I DO NOT THINK OF MY FEELINGS NOR THE FEELINGS OF OTHERS.” “NO ONE IS GOING TO WIN.”</p>
<p>Aggressive</p> <ul style="list-style-type: none">▪ Loud. Bossy.▪ Shares opinions in a demanding, abrasive way.▪ Feels their opinions matter more than the opinions of others.▪ Often intimidates and bullies others. <p>“I RARELY CONSIDER THE FEELINGS OF OTHERS.” “I WIN!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!”</p>	<p>Assertive</p> <ul style="list-style-type: none">▪ Confident. Kind.▪ Has opinions and shares them with others while being open and respectful to the opinions of others.▪ Understands their needs are important and so are the needs of others.▪ Knows their limits and doesn't allow being pushed beyond them. <p>“I CONSIDER MY FEELINGS AND THE FEELINGS OF OTHERS.” “EVERYONE WINS.”</p>