

WHAT COMMUNICATION STYLE ARE YOU?

Directions: Circle the answer that describes how you communicate most often.

P=Passive, Ag=Aggressive, P/A=Passive Aggressive, and As: Assertive

1. My friends would call me:

- P: shy
- Ag: loud
- P/A: sarcastic
- As: confident

2. I usually:

- P: don't share my opinions even though I have them.
- Ag: share my opinions in a demanding way.
- P/A: have opinions but don't share them and then become angry towards everyone involved.
- As: have opinions and share them with others while being open and respectful to the opinions of others.

3. I feel:

- P: that the opinions of others matter more than my own.
- Ag: that my opinions matter more than the opinions of others.
- P/A: that I will follow the opinions and ideas of others but talk badly about them behind their backs.
- As: that my needs are important and so are the needs of others.

4. When walking into a crowded room:

- P: I want to hide my face.
- Ag: I don't mind pushing my way through the crowd.
- P/A: I may push someone out of my way and then blame it on someone else.
- As: I smile and say "hi" to others and respect other people's space.

5. I often:

- P: ignore problems.
- Ag: cause problems.
- P/A: hide problems.
- As: solve problems.

Scoring: For each letter, add up your total number and write it below.

PASSIVE

AGGRESSIVE

PASSIVE/AGGRESSIVE

ASSERTIVE

P=_____ Ag=_____ P/A=_____ As=_____

What communication style do you use the most? _____

NOW PRACTICE: How **should** you communicate in each situation below? Circle the Assertive communication method and see if you can identify the other methods of communication too.

1. In class:

- A. I'm too afraid to raise my hand even though I know the answer.
- B. I shout the answer because I always know them and no one else ever does.
- C. I know the answer but never participate and then get angry at other people who do.
- D. I raise my hand when I know the answer and give others the opportunity to do the same.

2. I am:

- A. bossy and intimidating towards others.
- B. afraid to state what I really feel because I don't want others to judge me.
- C. understanding of my limits and I don't allow anyone to push me beyond them.
- D. two-faced: I come across as pleasant and friendly, but actually I am very angry and resentful.

3. You got a bad grade on a test and you're not sure why. What do you do?

- A. You ask the teacher to talk after class. You respectfully explain your confusion about your grade and ask what you can do differently next time.
- B. You get angry at the teacher and shout how horrible he/she is.
- C. You don't say anything but you talk badly about the teacher behind his/her back.
- D. You don't say anything. It's not a big deal.

4. Someone cuts in front of you in line...

- A. Say nothing, but glare at them and "accidentally" push them a little.
- B. Say nothing and do nothing.
- C. Assume they didn't know you were in line; gently explain that you waiting before them.
- D. Yell at them and shout for them to return to their place.

5. Someone called you a bad name...

- A. You believe what they say and feel badly about yourself.
- B. You call them a bad name right back.
- C. You walk away and then write them a mean, anonymous note.
- D. You gently tell them that you don't appreciate nor deserve being called that name and walk away.

How did you do? CHECK YOUR ANSWERS: The Assertive communication answers are: 1. D, 2. C, 3. A, 4. C, 5. D

In what ways can you be more assertive?
