



Types of Communication

There are three general types of communication:

- Being **assertive** means that you speak your mind and stand up for yourself.
- Being **aggressive** can include things like direct threats, attacks, and ignoring people.
- Someone who is **passive** accepts things without resistance.
- Someone who is **passive aggressive** expresses negative feelings only indirectly. There is a disconnect between what a passive aggressive person says and what they do.

EXERCISE: Read each scenario. Write down a passive, an aggressive, and an assertive response to each.

1. Your spouse asks you to go to dinner with their boss and their spouse. You do not like their boss' spouse.

Passive Response:

Aggressive Response:

Assertive Response:

2. Your partner on a big project agrees to do a fair share of the work, but they don't get their share done on time.

Passive Response:

Aggressive Response:

Assertive Response: