

Communication Styles

Which communication style do you use most regularly?



Passive

Do you put other people's feelings before your own to avoid conflict?

Do you hesitate before addressing an issue?

Are you shy?

Do you have difficulty making a decision?

Do you say nothing instead of letting the person know what is bothering you?

Aggressive

Do you put your needs first and ignore other people's feelings in the process?

Do you yell at people to get your point across?

Do you blame others for your own mistakes?

Are you sarcastic?

Do you interrupt people?

Assertive

Do you express your own rights but take into consideration other people's feelings?

Do you express your feelings and your rights clearly?

Do you act in your own best interest but consider the needs and rights of others?

Do you develop trust and equality in your relationships?

Do you ask for help when you need it?

