



Passive Aggressive Assertive Communication Worksheet

Passive	Assertive	Aggressive
<ul style="list-style-type: none"> • Quiet and soft-spoken • Does not make eye contact • Does not express needs and concerns • Other's needs are more important • Low confidence • Does not express to protect other's feelings • Easily comply with other people's wishes • Let others take advantage of them 	<ul style="list-style-type: none"> • Polite but firm in stating their needs and concerns. • Confident and clear tone and voice. • Maintain eye contact • Listen to other people's concerns as well. • Ready to compromise where it is needed. • Respect others' needs but clear about their own needs and wants. 	<ul style="list-style-type: none"> • Loud and threatening tone and voice. • Does not respect other people's needs and wants. • Easy to get frustrated. • Dominate, criticize and humiliate others. • Does not comply or compromise. • Impose their beliefs without listening to others.

Suppose you have the plan to go out but your sister asks to stay with her daughter as she is also leaving for dinner. How would you respond in an assertive manner?

What emotion would you feel after responding assertively?

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Practice an assertive communication style in your life and write the event in detail and how did you behave and what did you feel.
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Reference

[Dasgupta, S. A., Suar, D., & Singh, S. \(2012\). Impact of managerial communication styles on employees' attitudes and behaviours. Employee Relations, 35\(2\), 173-199.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.