

Three Types of Communication Responses

AGGRESSIVE	ASSERTIVE	PASSIVE
<p>Person only expresses and considers his/her own feelings, needs and desires. Other people involved feel bullied & that their feelings, needs and desires are being ignored.</p>	<p>Both parties' feelings, needs & desires are respected and considered. Assertive people stand up for what they need & believe while listening & respecting other's needs & desires.</p>	<p>Person does not express or consider their own feelings, needs and desires to please others. They do not stand up for themselves and un be knowns to the other parties involved, allow to be taken advantage of.</p>
<p>Traits of Aggressive Communication:</p> <ul style="list-style-type: none"> • Easily frustrated • Speaks in a loud or overbearing way • Unwilling to compromise • Use of criticism, humiliation, and domination • Frequently interrupts or does not listen • Disrespectful toward others 	<p>Traits of Assertive Communication:</p> <ul style="list-style-type: none"> • Listens without interruption • Clearly states needs and wants • Willing to compromise • Stands up for own rights • Confident tone/body language • Good eye contact 	<p>Traits of Passive Communication:</p> <ul style="list-style-type: none"> • Soft spoken/ quiet • Allows others to take advantage of them • Prioritizes needs of others • Poor eye contact / looks down or away • Does not express one's own needs or wants • Lack of confidence