



Communication Styles



Passive

- Avoids expressing thoughts, feelings, or needs
- Gives in to others to avoid conflict
- May appear withdrawn or anxious
- Uses phrases like "It doesn't matter" or "Whatever you want"



Aggressive

- Dominates the conversation
- Uses blaming, criticism, or threats
- Interrupts or talks over others
- May use a loud tone or hostile body language



Passive Aggressive

- Expresses anger indirectly (e.g., sarcasm, silent treatment)
- Avoids open confrontation but acts out in subtle ways
- Denies there's a problem when one clearly exists



Assertive

- Clearly expresses feelings, needs, and thoughts
- Listens actively and respects others' opinions
- Uses "I" statements (e.g., "I feel frustrated when...")
- Maintains calm tone and open body language