



Passive, Aggressive, and Assertive Communication Worksheet

Read the descriptions below and consider examples from your own life where you have communicated in each of these styles.

- **Passive Communication :** In passive communication, you often prioritize others' needs over your own, avoid conflict, and may not express your thoughts or feelings openly. *[Example: Saying "It's okay" when you actually feel hurt or disappointed.]*
- **Aggressive Communication:** Aggressive communication involves expressing your thoughts and feelings in a way that violates others' rights, often through criticism, hostility, or dominance. *[Example: Yelling or using harsh words to express frustration.]*
- **Assertive Communication:** Assertive communication is characterized by expressing your thoughts, feelings, and needs openly and respectfully, while also considering others' rights. *[Example: Saying, "I feel upset when you interrupt me. Can we find a way to communicate better?"]*

Reflect on your communication patterns in different situations. Use the prompts below to identify when you've used passive, aggressive, and assertive communication.

Passive Communication:

Situation: When did you hold back from expressing your true feelings?

Aggressive Communication:

Situation: When did you express yourself in a way that might have hurt others?



Passive, Aggressive, and Assertive Communication Worksheet

Assertive Communication:

Situation: When did you successfully express your needs while respecting others?

Practicing Assertive Communication

Now that you've identified your communication styles, practice reframing passive or aggressive responses into assertive ones. Use the examples below to guide you.

Example Scenarios:

Passive Response: I guess it doesn't matter where we eat.

Aggressive Response: Why do we always have to go where you want?!

Assertive Response: "I'd like to eat at the new restaurant downtown. How do you feel about that?"

Reflect on how assertive communication can improve your relationships and self-esteem. Set a goal for practicing assertiveness in your daily life.

What challenges do you face when trying to be assertive?

How can you overcome these challenges?
