



Name \_\_\_\_\_ Date \_\_\_\_\_

## Communicate with Assertive Statements

### 1. Passive Response style:

- a. Describe the body language you see: \_\_\_\_\_  
\_\_\_\_\_
- b. What feelings do you see? \_\_\_\_\_  
\_\_\_\_\_
- c. How did this person communicate? \_\_\_\_\_  
\_\_\_\_\_

### 2. Aggressive Response style:

- a. Describe the body language you see: \_\_\_\_\_  
\_\_\_\_\_
- b. What feelings do you see? \_\_\_\_\_  
\_\_\_\_\_
- c. How did this person communicate? \_\_\_\_\_  
\_\_\_\_\_

### 3. Assertive Response style:

- a. Describe the body language you see: \_\_\_\_\_  
\_\_\_\_\_
- b. What feelings do you see? \_\_\_\_\_  
\_\_\_\_\_
- c. How did this person communicate? \_\_\_\_\_  
\_\_\_\_\_

**Homework:** Go over this worksheet with your parents and describe what we did in class. Explain each response style and how they affect our ability to solve problems. Add any information your parents suggest. Talk with your parents about how you will be more Assertive with friends and siblings.

**Parent Signature:** \_\_\_\_\_

# CHARACTERISTICS OF.....



## A PASSIVE PERSON:

FEELINGS: TIMID, FEARFUL, NERVOUS, CONFUSED, AND DENIES OWN FEELINGS.

BODY LANGUAGE: HEAD BOWED, NO EYE CONTACT, LOOKING DOWN, POOR POSTURE.

COMMUNICATION: QUIET, MUMBLED SPEECH, TALKS AROUND THE PROBLEM, DOESN'T MAKE A DECISION.

Note: A person may react differently with different people.

## AN AGGRESSIVE PERSON:

FEELINGS: MAD, ANGRY, AFRAID, FRUSTRATED, DISREGARDS OTHERS' FEELINGS, LONELY.

BODY LANGUAGE: ANGRY GLARE, CLENCHED FISTS, LEANING FORWARD, RED FACE, INVADERS YOUR SPACE, STIFF BODY, POINTING FINGERS.

COMMUNICATION: YELLING, SHOUTING, ANGRY VOICE, DEMANDING, WON'T LISTEN, MAKES QUICK DECISIONS.

Note: A person may react differently with different people.

## AN ASSERTIVE PERSON:

FEELINGS: CONFIDENT, PLEASANT, UNDERSTANDING, AT EASE, PROUD, ACCEPTED, SURE.

BODY LANGUAGE: MAINTAINS EYE CONTACT, HEAD UP, RELAXED, GOOD POSTURE.

COMMUNICATION: NORMAL VOICE, RESPECTFUL, CALM, MAKES GOOD DECISIONS,

Note: A person may react differently with different people.