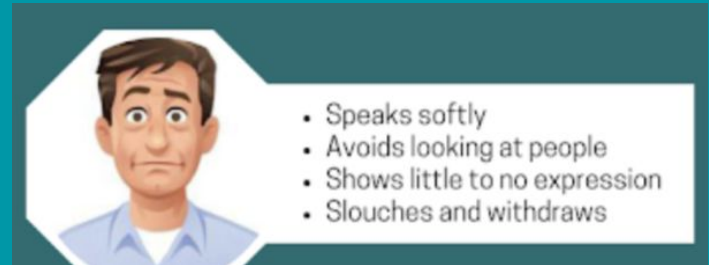




PASSIVE

People violate their own rights by failing to express honest feelings, thoughts and beliefs or by expressing them in an apologetic, modest way that others tend to disregard them.

The message they send is “I don’t count. You can take advantage of me. Your ideas are much more important than mine.”



AGGRESSIVE

People stand up for their personal rights, beliefs and feelings in a way which is often inappropriate and always violate the rights of others. They often dominate, humiliate or degrade others.

The message they send is “This is what I think--you’re stupid for thinking otherwise. What you want is not as important as what I want. Your feelings don’t count.”



- Speaks loudly
- Glares and stares at others
- Shows intimidating expression
- Stands rigidly, arms crossed

ASSERTIVE

People stand up for their personal rights, beliefs and feelings in direct, honest and appropriate ways which do not violate another person's rights.

The message they send is “This is how I see the situation; this is how I feel; think.”

- Uses conversational tone
- Makes good eye contact
- Expressions match message
- Relaxes and shows open posture



SURVEY



VIDEO SKITS

