

Passive? Aggressive? Assertive?

Passive:

Aggressive:

Assertive:

Read the following situations and identify each response as aggressive (-), assertive (+) or passive (0).

1. Refusing an extra serving of dessert:
 It's really good, but I'm full.
 Well, okay if you insist.
 You'd just love to make me gain a few more pounds!

2. Your friend wants to copy off of you during a test and you don't think it's right.
 That's cheating.
 I suppose you can.
 I studied a lot, besides I don't want to worry about getting caught.

3. You are talking to a friend and you realize that you should leave right away or you will be late to work.
 I really should go now.
 You talk too much--you're making me late.
 I know you want to talk some more so let's get together later. Bye!

4. Your teacher had made an error grading your exam.
 You cheated me out of an "A" on this exam.
 I've found an error in the grading of my paper.
 You do and say nothing.

5. Two people are visiting loudly while a meeting is going on.
 You may not realize it, but your talking is making it difficult for us to hear in our meeting. Quiet down please.
 You talk too loud.
 If you aren't part of this meeting/discussion then leave.

6. When telling a parent that you don't want their advice.
 Things are different now--you don't know anything.
 Yes, okay, if you say so.
 I know you're only trying to help, but I need to figure this out even if it turns out wrong.