

Communication Styles

1. Aggressive Communication: speaking without taking into account the feelings or thoughts of others. Aggressive communicators often bully, threaten and do not listen well.
2. Passive Communication: avoiding speaking and not standing up for yourself. Passive communicators tend to avoid eye contact, speak softly and display an "I don't care" attitude.
3. Assertive Communication: expressing wants, needs and opinions while thinking of the feelings or thoughts of others. Assertive communicators listen well and stand up for themselves in a calm way without being rude.

