

Characteristics of Communication Styles

	Passive	Aggressive	Passive-Aggressive	Assertive
Active toward reaching one's goal?	No, ineffective strategy	Yes, but at the expense of others	Yes, but usually too late and inappropriately	Yes, and appropriately
Respectful?	Communicates apathy or submissiveness	No, intentions are to hurt others	No, mostly blame and guilt trips	Yes, even when defending their own safety
Listens to Others?	Maybe, but does not actively respond	Probably more concerned with own perspective	Maybe, but with hidden intentions	Yes, then responds at the appropriate time
Communicates Confidence?	No	Yes, probably too much	Maybe when acting aggressive	Yes, to set appropriate boundaries.
Uses Nonverbal Communication?	Yes, displays weakness and vulnerability	Yes, from threat gestures to injuring others	Yes, used to manipulate others	Yes, to reinforce appropriate verbal communication
Impression given to others?	Weakness, apathy	"Jerk" "Mean" you get the idea	Difficult to read, unpredictable	Easy to get along with, confident, cooperative
Reinforced by achievement of goals?	Yes, temporarily, if goal is to avoid conflict	Yes, immediate gratification, poor long term outcome	Yes, at the expense of relationships	Yes, and improves relationships
Examples of verbal interaction	I don't care Whatever Silent	F*@\$ You! I'll Kill You! You're Stupid!	It's your fault You should have... Sarcasm	"I" Statements When is a good time to talk?