

COMMUNICATION STYLE

WORKSHEET

Name

Date

| | |
|------------------|--|
| Scenario | Your boss asks you to stay late, while everyone else leaves. You're always the one who stays late, and tonight you have plans. |
| Passive | |
| Agressive | |
| Assertive | |

| | |
|------------------|---|
| Scenario | Your partner left a mess in the kitchen and you're too busy to clean. |
| Passive | |
| Agressive | |
| Assertive | |

| | |
|------------------|--|
| Scenario | You're at a restaurant, and the server brought you the wrong dish. |
| Passive | |
| Agressive | |
| Assertive | |

| | |
|------------------|---|
| Scenario | A friend showed up at your house uninvited. Usually you would be happy to let them in, but this time you're busy. |
| Passive | |
| Agressive | |
| Assertive | |