

# Passive, Aggressive, and Assertive Communication

## Passive Communication

When using passive communication an individual does not express their feelings. Passive individuals often do not respond to harmful situations, or themselves to be taken advantage of or to be treated unfairly.

### Signs of passive communication:

- Poor eye contact
- Allow others to take advantage of their rights
- Quietly spoken
- Allow others to take advantage

## Aggressive Communication

Aggressive communicators violate the rights of others, often expressing their feelings and needs. They may be verbally abusive to further their own interests.

### Signs of aggressive communication:

- Use of criticism, humiliation, and domination
- Frequent interruptions and failure to listen to others
- Loudly spoken
- Speaking in a loud or overpowering manner

## Assertive Communication