

Passive

Assertive

Aggressive

Passive

- "Too Nice"
- Suck it up
- Hold it in
- Denial
- Subtle manipulation
- Guilt
- Powerless
- Latent Hostility
- Weak Boundaries - not setting personal limits

Assertive

- "Firm"
- Deliver messages clearly
- "I" statements
- "Broken record" technique (say "No, thank you" and then keep saying it over and over)
- Good boundaries

Aggressive

- "Mean"
- Blow it out
- Explode
- Expressed Hostility
- Overt Manipulation
- Threats/Ultimatums
- Guilt
- Powerless/Out of control
- Rigid boundaries