

COMMUNICATION 101

There are 4 basic types of communication.



PASSIVE

- » Don't say much
- » Bottle things up (keep it inside)
- » You respect others, but are not honest with yourself

AGGRESSIVE

- » Say a whole lot
- » Feelings are often the basis of decisions and/or comments
- » You are honest, but you disrespect others

PASSIVE AGGRESSIVE

- » Quiet to another's face, but talk (or scheme) behind his or her back
- » Feelings are often the basis of decisions and/or comments
- » You are both honest & dishonest and respectful & disrespectful

ASSERTIVE

- » Say what needs to be said
- » Thought is put into decisions made and words used
- » You are honest with yourself and respectful toward others