



Definitions of Passive, Aggressive, and Assertive Responses

Passive Behavior involves saying nothing in a response, keeping feelings to yourself, hiding feelings from others, and perhaps even hiding your feelings from yourself. Passive behavior is often dishonest and involves letting other people violate your personal right to be treated with respect and dignity.

Aggressive Behavior involves expressing your feelings indirectly through insults, sarcasm, labels, put-downs, and hostile statements and actions. Aggressive behavior involves expressing thoughts, feelings, and opinions in a way that violates others' rights to be treated with respect and dignity.

Assertive behavior involves describing your feelings, thoughts, opinions, and preferences directly to another person in an honest and appropriate way that respects both you and the other person. It enables you to act in your own best interests, to stand up for yourself without undue anxiety, to express honest feelings comfortably, and to exercise personal rights without denying the rights of others. Assertive behavior is direct, honest, self-enhancing self-expression that is not hurtful to others and is appropriate for the receiver and the situation.

Passive	Aggressive	Assertive
<i>Indifferent</i>	<i>Attacks person verbally or physically</i>	<i>Speaks clearly and confidently</i>
<i>Lifeless</i>	<i>Hostile</i>	<i>Honest</i>
<i>Doesn't care</i>	<i>Sarcastic</i>	<i>Deals directly with anger</i>
<i>Avoids the problem</i>	<i>Blaming</i>	<i>Appropriate</i>
<i>"I'm not good enough"</i>	<i>Selfish</i>	<i>Considers the rights of the other person</i>
<i>"It doesn't matter"</i>	<i>Opinionated</i>	<i>Deals with the problem</i>
<i>Builds anger</i>	<i>Acts out in anger</i>	<i>Active</i>
<i>Hopes that needs will be met</i>	<i>Demanding</i>	<i>Cares about self</i>
<i>Lacks confidence</i>	<i>Fighting</i>	<i>Cares about results</i>
<i>Non active</i>	<i>Physical</i>	<i>Cares about the situation</i>
<i>Non aggressive</i>	<i>Emotional</i>	