Communication Styles

Generally speaking, communication can be characterized by four different styles. Which one do you most frequently use to deal with conflicts in your relationships?

1. Passive communication
   - Not standing up for your rights
   - Not setting limits or boundaries for another’s behavior
   - Continually putting others’ needs before your own
   - Taking on the role of “martyr”
   - Not being able to say “no”

2. Aggressive Communication
   - Bullying and intimidating others to get what you want
   - Threatening people
   - Ignoring the needs and rights of others
   - Shouting, yelling, screaming or physically abusing others

3. Passive-Aggressive Communication
   - Indirectly communicating – e.g., slamming doors; giving the “silent treatment”; saying something that is designed for your Loved One to hear without saying it to them directly
   - Using sarcasm / put downs
   - Using humor to be nasty or hurtful

4. Assertive Communication
   - Being direct and honest
   - Being able to negotiate- having a sense of give and take
   - Asking for your own needs to be met, while respecting the needs of others
• Being able to say “no” and set limits
• Being able to acknowledge when you are in the wrong