



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

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