

Styles of Communication Worksheet

Passive	Passive Aggressive	Aggressive	Assertive
<p><i>Emotionally dishonest, indirect, inhibited, self-denying, blaming, apologetic.</i></p>	<p><i>Emotionally dishonest, indirect. Self-denying at first. Self-enhancing at expense of others later.</i></p>	<p><i>Inappropriately honest, direct, expressive, attacking, blaming, controlling, self-enhancing at expense of others.</i></p>	<p><i>Appropriately honest, direct, self-enhancing, expressive, self-confident, empathic to emotions of all involved.</i></p>
<p><i>“Others’ rights and needs take precedence over mine”</i></p>	<p><i>“I subtly make clear that my rights and needs prevail”</i></p>	<p><i>“I boldly insist that my rights and needs prevail”</i></p>	<p><i>I clearly express that we both have rights and needs”</i></p>

References

[Georgeta P., Cristina , S., Ion-Ovidiu P. & Nicoleta D. \(2015\). Comparative Study Regarding Communication Styles of The Students. Procedia - Social and Behavioral Sciences, 186, 202-208.](#)

[Lubienetzki, U., Schüler-Lubienetzki, H. \(2022\). *How We Talk to Each Other - The Messages We Send With Our Words and Body Language: Psychology of Human Communication.* Germany: Springer Berlin Heidelberg.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counselor.