

The Three Types of Communication Worksheet

Basic communication styles and their characteristics are given in this worksheet.

Assertive	Aggressive	Passive-aggressive
<p>The assertive communication style features an open communication link while not being overbearing. Assertive communicators can express their own needs, desires, ideas, and feelings, while also considering the needs of others.</p>	<p>The aggressive communicators often speak in a loud, demanding voice, maintaining intense eye contact and dominating or controlling others by blaming, intimidating, criticizing, threatening, or attacking them, among other traits</p>	<p>Passive communicators usually fail to express their feelings or needs, allowing others to express themselves.</p>
<ul style="list-style-type: none"> ● Achieves goals without hurting others ● Emotionally expressive ● Speaks with a balanced tone and volume ● Maintain eye-contact and body posture during communication 	<ul style="list-style-type: none"> ● Hostile in nature ● Want to win mentality ● Dominant posture and body gestures ● Speak with high tone and pitch 	<ul style="list-style-type: none"> ● Complaining in nature ● To some extent sulky ● Possess a sweet and innocent personal