



Interpersonal communication styles

- **AGGRESSIVE STYLE**: Fighting, accusing, threatening and generally stepping on people without regard for their feelings. The advantage is that people rarely push you around. The disadvantage is that others do not want to be around him/her.
- **PASSIVE STYLE**: Lets others push him/her around, does not stand up for self, will do what he/she is told regardless of how he/she feels about it. The advantage is that you rarely experience direct rejection. The disadvantage is that you are taken advantage of and you store up a heavy burden of resentment and anger.
- **ASSERTIVE STYLE**: When you stand up for yourself, express your true feelings and do not let others take advantage of you. You are considerate of others' feelings. The advantage is that you can get what you want, usually without making others mad. You act in your own best interest and do not feel guilty or wrong about it.