

COMMUNICATION STYLES

	AGGRESSIVE	ASSERTIVE	PASSIVE
Who's important:	<i>ME!!</i>	<i>Me, you, all of us</i>	<i>You.</i>
Strategies: Speaking	Yell, scream, force, criticize, impose, demand, command, bully	Express views speaking clearly but kindly (I messages)	Speak very softly or not at all. Adjust views to fit others' needs.
Strategies: Listening	Listen long enough to develop rebuttal/crush opposition	Listen respectfully and empathically to others' views.	Accept, comply, agree, submit, obey, believe, not question