

Passive, Aggressive and Assertive Exercise - Put these statements under the correct headings in the table:

1	Interrupts and talks over others	Speaks openly	Is afraid to speak up
2	Speaks softly	Uses a conversational tone	Speaks loudly
3	Glares and stares at others	Avoids looking at people	Makes good eye contact
4	Shows expression which matches the message	Intimidates by using expressions	Shows little or no expression
5	Slouches and withdraws	Relaxes and adopts an open stance and expressions	Stands rigidly, crosses arms, invades the personal space of others
6	Participates in groups	Isolates self from groups	Controls groups
7	Only considers own feelings and/or makes demands of others	Keeps to point	Agrees with others despite personal feelings
8	Values self less than others	Values self more than others	Values self equal to others
9	Tries to hurt no one including self	Hurts self to avoid hurting others	Hurts others to avoid being hurt
10	Usually reaches goals without hurting others	Does not reach goals and may not even know goals	Reaches goals but hurts others in the process
11	I'm okay, you're okay	You're okay, I'm not	I'm okay, you're not

Row	The Passive Person	The Aggressive Person	The Assertive Person
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			