

## Aggressive, Passive, and Assertive Communication Practice Form

**Example:**

<b>Situation:</b> How to deal with criticism	Your spouse tells you. ” Are you stupid, why did you make the wrong turn.”
<b>Aggressive</b>	No, I am not stupid. You are stupid
<b>Passive</b>	You are right, it’s my fault. Your feelings are hurt and feeling angry inside.
<b>Assertive</b>	No. I am not stupid. It’s not the end of the world if I made the wrong turn. I don’t like it the way you’re talking to me. It hurts my feelings. Please don’t call me names again.


