




# Learning About Communication

Forming good relationship is about how you talk to others. How do you see yourself in your style of communication?

Non-Assertive	Aggressive	Assertive
<p>Non-Assertive Behaviour is: Being like a Turtle</p>  <p>Hides, avoids, fearful of the rejection or the anger of others</p>	<p>Aggressive Behaviour is: Being like a Tiger</p>  <p>Rude, Bossy and controlling of others</p>	<p>Assertive Behaviour is: Being like an Owl</p>  <p>Wise, calm and collected, more observant than reactive</p>
<p>GOAL: To play it safe and be "liked"</p>	<p>GOAL: To be right and prove it!</p>	<p>GOAL: To express yourself honestly and kindly</p>
Fearful of being yelled at or of others using physical force	Uses verbal and even physical force	Refrains from verbal or physical force
Keeps things in to avoid making mistakes or getting "into trouble"	Uses "you" statements	Uses "I" statements
Very sensitive to disapproval and rejection	Insensitive to others	Sensitive and caring to both self and others
Disrespectful to oneself	Disrespectful to others	Respectful to self and others
Allows personal rights to be violated	Violates rights of others	Balances personal rights with responsibilities to others
Accepts others more than themselves	Is judgmental of others	Accepting of self and others
Keeps feelings in	Free to express angry feelings	Expresses feelings tactfully
Is fearful of being "wrong" or seeming "stupid"	Needs to be "right"	Is more concerned with being kind than right
Immature, dishonest and indirect	Shows immaturity by blunt honesty without regard for others	Mature, tactfully direct, open and honest
Often feels anxious, sad, isolated and misunderstood	Feels superior, easily gets angry, hiding the insecurity inside	Feels secure, confident and loving

