**What is Your**

**Communication Style?**

**PASSIVE COMMUNICATION**

-Polite

-Used to avoid making anyone angry

-Don’t want to hurt feelings

-Avoid Arguments

-Put other’s wishes ahead of their own.

-Often get hurt themselves.

**AGGRESSIVE COMMUNICATION**

-It’s my way or the highway!

-Do not respect the feelings of others.

-Are often hurtful.

-Use name calling and ridicule.

-Always put others down.

**ASSERTIVE COMMUNICATION**

-Open, Honest and Direct

-Stand up for themselves and what they feel.

-Respect themselves and others.

**ACTIVE LISTENING**

-Focus on what the person is really saying.

-Observe body language.

-Listen to the tone of voice

-Paraphrase to show understanding.

-Ask questions to clarify

**1. Write a short paragraph telling about a time you were passive or aggressive in a situation. Then list assertive techniques that could have been used in that situation.**

**2. Read the quote below and write a paragraph explaining how passive, aggressive and or assertive communication styles can improve or harm one’s communication on social media.**

**Social Media is changing the way we communicate and the way we are perceived, both positively and negatively. Every time you post a photo, or update your status, you are contributing to your own digital footprint and personal brand. –Amy Jo Martin.**