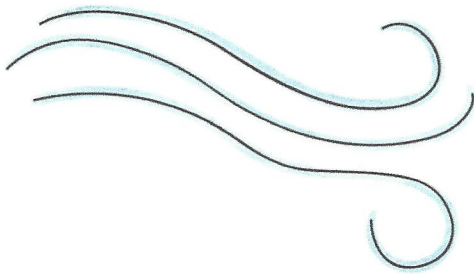


# HOW AM I **communicating?**

## **Passive Breeze**



Passive communicator:

- I am not standing up for myself or my rights
- I am allowing others to infringe on my rights
- I am speaking quietly or apologizing often
- I am looking down and/or slumping my shoulders
- I am acting as if my ideas and feelings do not matter as much as others'

## **Assertive Rain**



Assertive communicator:

- I am clearly saying what I want and need
- I am not blaming others
- I am standing up for my own rights
- I am using "I" statements
- I am maintaining respectful body positions
- I am listening without interrupting others

## **Aggressive Lightning**



Aggressive communicator:

- I am trying to dominate, humiliate, or control others
- I am criticizing or blaming others
- I am speaking loudly and am demanding
- I am threatening others
- I am interrupting often
- I am not listening to others
- I am not respecting other people's rights