**~ Straight Talking ~ Worksheet 2 - August 2019**

I am approx. \_\_\_\_\_% **passive** in my communications… especially when/with/about

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I am approx. \_\_\_\_\_% **aggressive** in my communications… especially when/with/about

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I am approx. \_\_\_\_\_% **passive aggressive** in my communications… especially when/with/about

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I am approx. \_\_\_\_\_% **assertive** in my communications… especially when/with/about

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**Think of a difficult situation you resolved at home or at work. How did you communicate in order to do this?**

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Who is mainly **passive** in communications in your life? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Who is mainly **aggressive** in communications in your life? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Who is mainly **passive aggressive** in communications in your life?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Who is mainly **assertive** in communications in your life?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Who do you prefer dealing with? How does it feel?**

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*Well done, pretty lady! Illuminating stuff - huh?!*

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