



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Straight Talking ~ Worksheet 2 - August 2019

I am approx. _____% **passive** in my communications... especially when/with/about

I am approx. _____% **aggressive** in my communications... especially when/with/about

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

I am approx. _____% **assertive** in my communications... especially when/with/about

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

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?

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

Louise