

PASSIVE VS. AGGRESSIVE BEHAVIOR

What's Your Style?

Think about your interactions in your five most significant relationships. Put an X next to the statements that apply to your typical behavior in these interactions.

1. I go along with something even if I don't like it
2. I push people to do what's right, even if it upsets someone
3. I try to be pleasant and easy going no matter what people do or say
4. I give people a piece of my mind when they deserve it
5. I always try to be sensitive to what other people need and feel, even if my own needs get lost in the process
6. I know what I want and insist on it, even if that means having to get angry
7. When there's a conflict, I tend to give in and let things go the other person's way
8. When people don't do what's appropriate or reasonable, I don't let them get away with it
9. I'll pull away from a relationship rather than say anything that could be upsetting
10. You can't let people continue being selfish or stupid; you have to shake them till they see what they're doing
11. I leave people alone, let them be whatever they are
12. If people ignore my needs or insist on things that doesn't work for me, I get more and more upset until they pay attention

If you marked more ODD numbers, your predominant style is PASSIVE. If you marked more EVEN numbers, you may communicate more AGGRESSIVELY.

**I Win - You
Win**

**I Lose - You
Lose**

ASSERTIVE

I care about myself
I care about you

**PASSIVE-
AGGRESSIVE**

I don't care about myself
I don't care about you

AGRESSIVE

I care about myself
I don't care about
you

PASSIVE

I don't care about
myself
I care about you

**I Win - You
Lose**

**I Lose - You
Win**