

Types of Communication Table

<i>Communication Type</i>	<i>What is It?</i>	<i>What It Might Sound Like</i>	<i>What It Might Feel Like</i>
Assertive	Open communication where both points of view are valued Appropriately honest Direct, self-respecting, and self-expressing and respecting of the other	Respect for each other's point of view Working towards a compromise Use of "I statements"	Can say what is on one's mind Feels that the other is treating them with respect Can disagree with the person and feel safe doing so
Aggressive	Communication where one person wins and the other loses Direct, self-enhancing Inappropriately honest, derogatory	Commands Insults Intimidations Loud voice Intimidations	Feels like one's power is being taken away and one is not being listened to Made to feel stupid Feels the other person is being superior and controlling Feels humiliated, hurt, resentful Feels humiliated, hurt, resentful
Passive	Allowing another to choose for oneself Indirect Self-denying, inhibited	Indifferent Follow along with the majority mentality Emotionally dishonest	The person does not really care about one's communication Cannot stand up for oneself