

Name _____

Text Talk: What's Their Style? Answer Key

Message #	Style	Explanation
1	Assertive	Sets a boundary respectfully
2	Aggressive	Emotionally reactive, guilt-inducing
3	Passive	Withdrawn, using guilt to avoid direct expression
4	Assertive	Honest and constructive
5	Aggressive	Insulting, disrespectful language
6	Assertive	Expresses a wish while respecting the other person's plans
7	Aggressive	Blaming, emotionally charged accusation
8	Assertive	Seeks resolution calmly and directly
9	Passive	Avoids expressing feelings directly, gives up control
10	Assertive	Clearly states a feeling and makes a respectful request