

Name _____

Understanding: Assertive, Aggressive, or Passive?

Directions: Read each of the 12 scenarios below. Step into the speaker's shoes and decide if their behavior is **Assertive**, **Aggressive**, or **Passive**. Write the full word next to each scenario.



Scenarios

1. _____ I told my classmate, "I understand you're busy, but I'd appreciate it if you could contribute to our project by tomorrow."
2. _____ I didn't want to be a bother, so I just stayed quiet even though my food order was completely wrong.
3. _____ I raised my voice and said, "I don't care what your excuse is—you always mess everything up!"
4. _____ I emailed my coach and said, "I've been feeling uncomfortable with the way feedback is given, and I'd like to discuss it respectfully."
5. _____ Even though I was hurt, I smiled and said "No problem" when my friend canceled our plans last minute for the third time.
6. _____ I slammed the door and shouted, "Everyone needs to shut up and leave me alone!"
7. _____ I told my partner, "It really matters to me that we both share chores equally. Can we figure something out together?"
8. _____ I was nervous to speak up, so I just went along with the group decision, even though I strongly disagreed.
9. _____ I rolled my eyes and said, "Of course you forgot. You always forget when it's about me," then walked away.
10. _____ I stood tall, looked them in the eye, and calmly explained why I didn't feel the punishment was fair.
11. _____ I told the cashier, "Wow, you're slow. This is ridiculous," when the line took too long.
12. _____ I didn't say anything about my ideas during the meeting, even though I had a lot to share.