

Name \_\_\_\_\_

## Understanding: Assertive, Aggressive, or Passive? Answer Key

1. **Assertive** – Clear, respectful communication of expectations.
2. **Passive** – Avoiding conflict by not speaking up.
3. **Aggressive** – Blaming and yelling, emotionally charged.
4. **Assertive** – Calm, honest, and solution-focused communication.
5. **Passive** – Ignoring your feelings to avoid confrontation.
6. **Aggressive** – Loud, threatening, and emotionally reactive.
7. **Assertive** – Expressing needs respectfully and cooperatively.
8. **Passive** – Suppressing opinion out of fear or discomfort.
9. **Aggressive** – Sarcastic and dismissive tone (passive-aggressive).
10. **Assertive** – Confident, respectful self-advocacy.
11. **Aggressive** – Insulting and disrespectful to another person.
12. **Passive** – Choosing silence instead of self-expression.