

Name _____

What Am I Feeling, How Am I Communicating?

Directions: Read each short **mini-script** below. Each one is a brief statement from a person in a real-life situation. For each one:

1. Write the **emotion** you think the person is feeling.
2. Write the **communication style** they're using: **Assertive**, **Aggressive**, or **Passive**.

Mini-Scripts

1. *"It's totally fine, don't worry about it. I didn't really want to go anyway."*

Emotion: _____ Communication Style: _____

2. *"You never listen to me! Honestly, I don't even know why I bother talking to you!"*

Emotion: _____ Communication Style: _____

3. *"I felt upset when you didn't respond to my message. Can we talk about it?"*

Emotion: _____ Communication Style: _____

4. *"Whatever. I'm used to people ignoring me."*

Emotion: _____ Communication Style: _____

5. *"Let me finish! You always interrupt me, and I'm sick of it!"*

Emotion: _____ Communication Style: _____

6. *"I appreciate your feedback, and I'd like to share my thoughts too."*

Emotion: _____ Communication Style: _____

7. *"No, I'm okay. It's just... forget it. Doesn't matter."*

Emotion: _____ Communication Style: _____

8. *"I understand your point, but I see it differently and here's why."*

Emotion: _____ Communication Style: _____

