

Assertiveness Scale



Passive



Assertive



Aggressive

Passive is

- letting things happen even if you do not agree
- allowing others to be in control and make decisions for you
- not expressing your feelings
- not expressing your own needs

Assertive is

- using the word I
- saying what you feel
- saying what you think
- saying **no** when you want to say no
- making eye contact when talking to someone
- standing or sitting up straight
- being calm

Aggressive is

- yelling at the other person
- not listening to what the other person is saying
- hitting
- shouting