

# Communication Styles

Communication is important for all human interaction! We hope this helps you gather a sense of different communication tactics. Remember, communication styles can't be 'achieved' they are ongoing choices!

Think about the impression you want to have on others and how your communication style impacts it! Additionally, think about how others communication styles impact you!

Passive	Assertive
You win I lose	You win I win
Passive-Aggressive	Aggressive
You lose I lose	You lose I win

## Assertive Communication

This is a way of voicing your needs through direct communication.

This includes engaging in eye contact, validating both sides, having confidence, and being flexible. With assertive communication, you're an active participant

## Passive-Aggressive Communication

This is a method that involves indirectly communicating feelings.

People using this method may give others the silent treatment, start rumors, make subtle hurtful comments, or deny their feelings.

### Common Phrases:

What I hear you saying is..., is that right?  
I think... I feel... I believe...  
I would appreciate it if you...

### Common Phrases:

No offense but...  
Nice of you to finally...  
It must be nice...

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## Passive Communication

Passive communication is used to avoid conflict. Individuals will ignore their own needs to keep the peace.

People may avoid eye-contact, speak softly, or rely on others to speak for them. Additionally, passive communicators may have outbursts if they have ignored their own feelings for too long.

### Common Phrases:

I don't know...  
Whatever you think...  
I don't want to cause trouble...

## Aggressive Communication

The goal of aggressive communication is to win or be right. They value this above the feelings of others.

Aggressive communicators may use intimidating or angry tones, manipulation, being overly loud, making cruel comments, invading personal space, or interrupting others.

### Common Phrases:

It's your fault...  
You're stupid if you think...  
It's not that serious...

## Want to continue the conversation?

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