

Name: _____

Date: _____

FAMILY LIFE & HEALTH EDUCATION

COMMUNICATION STYLES



The three styles of communication are, **Non-assertive** (shy), **Assertive** (strong) and **Aggressive** (Bossy)

Identify the communication style associated with the following behaviours.

- 1) _____ Person avoids eye contact
- 2) _____ Posture (body) is bent over
- 3) _____ Voice is soft
- 4) _____ Posture (body) is erect and comfortable
- 5) _____ Posture (body) is rigid and tense
- 6) _____ Voice is usually loud and harsh
- 7) _____ The listener feels put down.
- 8) _____ Voice is clear and moderate in tone (not too loud or soft)
- 9) _____ The person is angry
- 10) _____ The listener is confused and unclear.
- 11) _____ The person is anxious.

12. Choose the one that best identifies a time when someone should be aggressive.

- | | |
|--|--------------------------------|
| A) If there is something you really want | B) If the other person is rude |
| C) When a life is in danger | D) If you are in a bad mood |

**Anxious means nervous or worried.*