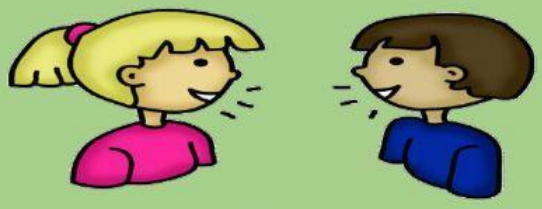
Name: _____ Date: _____

FAMILY LIFE & HEALTH EDUCATION

COMMUNICATION STYLES



The three styles of communication are, **Non-assertive** (shy), **Assertive** (strong) and A**ggressive** (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.*

LIVEWORKSHEETS