

Exercise 8

WHAT IS THE DIFFERENCE BETWEEN ASSERTIVE, AGGRESSIVE AND PASSIVE?



SITUATION

Where do I see myself? Where do I see myself when it comes to the use of assertive, passive and aggressive language?



PARTICIPANTS

Variable



MATERIAL

- **Appendix 1:** Fill in the gaps exercise: “Can you spot the difference?” - one printout per participant
- **Appendix 2:** Solution key “Can you spot the difference?” - one printout per participant
- See Part 4: framework for assertive, passive and aggressive behaviour



TIME

20 minutes

OBJECTIVES

- Exercise on passive, aggressive and assertive communication
- Learn to spot the difference



VERLOOP

The trainer:

1. Hands out a fill in the gaps form to each participant.
2. Goes over the situations in the table with the group.
3. Asks them to put a cross in what they consider to be the right column.
4. Goes through the correct answers in the group providing further explanation when required.