

# Passive, Aggressive, and Assertive Communication

## Practice

<b>Scenario</b>	Your boss asks you to stay late, while everyone else leaves. You're always the one who stays late, and tonight you have plans.
<b>Passive</b>	
<b>Aggressive</b>	
<b>Assertive</b>	

<b>Scenario</b>	Your partner left a mess in the kitchen, and you're too busy to clean.
<b>Passive</b>	
<b>Aggressive</b>	
<b>Assertive</b>	

<b>Scenario</b>	You're at a restaurant, and the server brought you the wrong dish.
<b>Passive</b>	
<b>Aggressive</b>	
<b>Assertive</b>	

<b>Scenario</b>	A friend showed up at your house uninvited. Usually you would be happy to let them in, but this time you're busy.
<b>Passive</b>	
<b>Aggressive</b>	
<b>Assertive</b>	