

Student Name: _____

Pre-Activity: Communication Styles

Part 1: Communication Styles

Most people use one of five styles of relating to others:

Passive	Assertive	Manipulative
- Emotionally dishonest - Indirect - Inhibited - Self-denying - Blaming - Feels resentful but does not voice concerns - Apologetic 	- Appropriately honest - Direct - Self-enhancing - Expressive - Self-confident - Maintains healthy boundaries without being controlling - Empathetic to others' emotions	- Emotionally dishonest - Indirect and deceptive - Controlling through guilt or coercion - Blaming while appearing innocent - Avoiding direct confrontation - Self-enhancing at the expense of others 
Passive Aggressive		Aggressive
- Emotionally dishonest - Indirect - Appears cooperative on the surface but resists indirectly - Self-denying at first - Self-enhancing at the expense of others later 		- Inappropriately honest - Direct - Expressive - Attacking - Blaming - Controlling - Self-enhancing at the expense of others later 

*Adapted from <https://insideoutdev.com/blog/understanding-4-communication-styles>

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Part 2: Practice

Read the following example of a situation between Riley and Cori, then read Riley's four possible reactions. Write the letter for which style of relating Riley uses in each example:

A) Aggressive

P) Passive

As) Assertive

M) Manipulative

PA) Passive-Aggressive

The Situation:

Cori and Riley made plans to meet at a party at 8:00. The party was being held by a friend of Cori's. Riley hardly knew anyone at the party, so they were very uncomfortable being there alone when Cori was 45 minutes late.

Riley's Possible Reactions:

	When Cori shows up, Riley kisses them hello and acts like nothing is wrong. When Cori says 'Sorry I was late,' Riley says, "It's okay."
	When Cori arrives, they apologize right away for being late. In response, Riley says, "Oh no, it's totally fine that you were super late. I mean, I just stood here alone for 45 minutes feeling awkward and ignored, but I guess that doesn't really matter. I'm sure you had way more important things to do than keeping your promise to me."
	When Cori shows up, Riley says hello and asks to speak with them alone for a minute. Riley says, "Cori, you were 45 minutes late and I was really uncomfortable being here alone because I don't know anyone here. What happened?" They give him a chance to explain, and after Cori apologizes, Riley says, "I accept your apology but I don't like to be kept waiting. Next time I want you to call if you're going to be late."
	When Riley sees Cori coming, they start flirting with another party guest, thinking that will teach him not to make them wait.
	When Cori shows up, Riley goes off on them. Before they even get a chance to say anything, they start yelling in front of everyone. "Where the (bleep) were you? Who do you think you are making me wait for you for 45 minutes, you're inconsiderate (bleep-bleep)! Now you can forget this party, we are leaving now!"