

Behavior Types: Passive, Aggressive, Passive-aggressive or Assertive

Passive behavior looks like this:
going along with others, not saying "no" even when you want to, or being overly easygoing

Passive behavior can result in the following:

Why assertive behavior is better:

Aggressive behavior looks like this:

Aggressive behavior can result in the following:

Why assertive behavior is better:

Passive-aggressive behavior looks like this:

Passive-aggressive behavior can result in the following:

Why assertive behavior is better:

