**Passive Communicators**

People who speak in a passive manner have difficulty expressing themselves and tend to give in to others. Failure to express thoughts and emotions often leads to miscommunication and built-up anger or resentment.

**You can recognize a passive communicator with the following behaviors:**

* Difficulty making eye contact
* Inability to say no
* Go with the flow type attitude
* Poor posture

**You may recognize passive communication through phrases like:**

* “It doesn’t matter that much.”
* “I just want everyone to get along.”

**Aggressive Communicators**

Aggressive communication takes things to the other side of the spectrum. People who rely on this communication style in the workplace, at home, or among friends tend to dominate the conversation. They issue commands and ask questions rudely while failing to listen to others.

It’s always “me, me, me.”

In positions of authority, they may be more of [a boss vs a leader](https://soulsalt.com/leader-vs-boss/).

**You can recognize an aggressive communicator with the following behaviors:**

* Talks over other people
* Poor listening, interrupts frequently
* Controlling or demanding
* Points fingers
* Stares and glares intensely
* Frowns
* Criticizes, intimidates, or threatens others

**You may recognize aggressive communication through phrases like:**

* “It’s my way or the highway.”
* “I’m right, and you’re wrong.”
* “Because I said so.” “I’m entitled.”

**Passive-Aggressive Communicators**

Passive-aggressive communication seems passive on the surface but reveals a hidden resentment that comes through in subtle, indirect ways.

**You can recognize passive-aggressive communication with the following behaviors:**

* Frequent sarcasm
* Words don’t align with actions
* Facial expressions don’t match words
* Difficulty acknowledging emotions

**You may recognize passive-aggressive communication through phrases like:**

* “Fine, whatever.”
* After saying something rude, sarcastic, or damaging, “I was only joking.”

**Assertive Communicators**

The assertive style of communication offers an effective and healthy way to express yourself. It encourages open, honest dialogue while still considering the needs of others.

You can recognize assertive communication with the following behaviors:

* The ability to express desires and needs with confidence
* Encourages balanced conversations in which both people have a chance to speak
* The use of “I” statements (ex: I feel frustrated when people show up late.)
* The ability to say no
* Maintains good eye contact

You may recognize assertive communication through phrases like:

* “I am responsible for my own happiness.” “We all have the right to express ourselves respectfully and honestly.”
* “I respect the needs and opinions of others.”