**BODY LANGUAGE**

The differences between Assertive, Aggressive and Passive body language.

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|  | **Assertive** | **Aggressive** | **Passive** |
| **Posture** | Upright/Straight | Leaning forward | Shrinking back |
| **Head** | Firm not rigid | Chin jutting out | Head down |
| **Eyes** | Direct, not staring, good and regular eye contact. | Strongly focused staring, often piercing or glaring eye contact. | Glancing away, little eye contact. |
| **Face** | Expression fits the words. | Set/Firm. | Smiling even when upset. |
| **Voice** | Well modulated to fit contact. | Loud/Emphatic. | Hesitant/Soft, trailing off at the end of words/ sentence. |
| **Arms/hands** | Relaxed/Moving easily. | Controlled Extreme/ Sharp gestures/finger pointing, jabbing. | Aimless/still. |
| **Movement/ Walking** | Measured pace suitable to action. | Slow and heavy or fast, deliberate, hard. | Slow and hesitant or fast and jerky. |