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aggressive and assertive

\*WHAT DO YOU MEAN BY AGGRESION

Aggression typically denotes acts or acts that are harmful, hurtful, or calculated to harm or destroy. Aggression can also be seen in the form of physical assault, verbal assault, or even subliminal behavior with the purpose of intimidating or threatening other individuals. Aggression is often seen to develop out of frustration, anger, or a desire for dominance, yet it can sometimes be used in response to feelings of being threatened or being placed under stress.

There are two fundamental forms of aggression:

1. \*\*Hostile aggression\*\*: It is fuelled by emotion such as anger or fury, and with the aim of injuring someone or something.

2. \*\*Instrumental aggression\*\*: It is more deliberate and is employed in order to reach a specific aim, e.g., to gain something or defend oneself, whereas harm is inflicted for its own sake.

\*WHAT IS DIFFERNCE BETWEEN ASSERTIVE AND AGGRESSIVE COMMUNICATION

\*\*Assertive Communication\*\*

- \*\*Definition\*\*: Assertive communication is the capacity to communicate your thoughts, feelings, needs, and desires in an open, honest manner and respect others' rights and feelings.

- \*\*Characteristics\*\*:

- \*\*Direct\*\*: You communicate directly and say what you mean.

- \*\*Respectful\*\*: You have respect for yourself and the other individual.

- \*\*Confident\*\*: You state your needs and opinions without fear but without being controlling.

- \*\*Non-threatening\*\*: It entails talking calmly and holding your ground without yelling or becoming aggressive.

- \*\*Example\*\*: "I get frustrated when meetings go over time because it affects my schedule. Can we ensure we respect the time limits?"

\*\*Aggressive Communication\*\*

- \*\*Definition\*\*: Aggressive communication is communicating your feelings, needs, or opinions in a manner that ignores others' rights and feelings. It's usually hostile or confrontational.

- \*\*Characteristics\*\*:

- \*\*Blaming\*\*: It tends to blame or attack others, which can make them defensive or hurt.

- \*\*Dominating\*\*: The aim is to dominate the conversation or situation, usually by intimidating.

- \*\*Disrespectful\*\*: It does not respect others' needs, and the tone is rude, loud, or threatening.

- \*\*Threatening\*\*: Aggressive communication may include verbal abuse or even nonverbal threats such as glaring or pointing.

- \*\*Example\*\*: "You always make meetings run late! You’re so inconsiderate of everyone else’s time!"