

Module: Softskills - Aggressive Vs Assertive Communication.

1) => Assertive communication:

Ans

=> Respectful

=> Expressing yourself clearly, openly, and honestly

=> Listening to others.

=> Using a level and clear voice.

=> Aggressive communication.

=> shouting, or interrupting

=> Manipulating.

=> guilt tripping.

=> showing an agitated or emotional affect.

Ans 2) \Rightarrow Assertive communication is a style of communication that's clear, respectful and balanced, and it can help you avoid misunderstandings and conflict.

\Rightarrow Here are some examples of assertive communication:

\Rightarrow Using positive body language.

\Rightarrow Using a calm tone of voice.

Ans 3) \Rightarrow Aggressive communication can involve expressing yourself in a way that disrespects or hurts others.

\Rightarrow Some examples of aggressive communication:

\Rightarrow Blaming.

\Rightarrow Name-calling

\Rightarrow Loud voice.