

Instructions: Choose the most appropriate answer for each question.

1. Which communication style involves expressing thoughts, opinions, and needs in a clear and respectful manner, while considering the perspectives of others?

- a) Passive communication
- b) Aggressive communication
- c) Assertive communication
- d) Passive-aggressive communication

2. What is a characteristic of passive communication?

- a) Direct and straightforward expression of needs and opinions
- b) Inability to express oneself assertively
- c) Overpowering others' opinions through forceful behavior
- d) Subtly expressing disagreement or resistance

3. Which statement best describes aggressive communication?

- a) Expressing oneself confidently and respectfully
- b) Avoiding confrontation and suppressing opinions
- c) Dominating conversations and disregarding others' feelings
- d) Engaging in open dialogue and active listening

4. What is a potential outcome of using a passive-aggressive communication style?

- a) Building healthy relationships and trust
- b) Difficulty in setting boundaries and expressing needs
- c) Fostering open dialogue and mutual understanding
- d) Resolving conflicts effectively and collaboratively

5. Which of the following is a characteristic of assertive communication?

- a) Timid and apologetic tone
- b) Respectful consideration of others' perspectives
- c) Overly forceful and dominating behavior
- d) Inability to express oneself assertively

6. What is a potential consequence of employing aggressive communication?

- a) Fostering open dialogue and mutual understanding
- b) Strained relationships and conflicts
- c) Promoting cooperation and collaboration
- d) Building trust and empathy

7. Which communication style involves expressing disagreement, resentment, or opposition indirectly?

- a) Passive communication
- b) Aggressive communication
- c) Assertive communication
- d) Passive-aggressive communication

8. What is a key element of passive-aggressive communication?

- a) Open and direct expression of needs and opinions
- b) Respectful consideration of others' perspectives
- c) Subtle expression of dissatisfaction or resistance
- d) Active listening and empathy

9. How does assertive communication differ from aggressive communication?

- a) Assertive communication prioritizes others' needs, while aggressive communication prioritizes one's own needs.
- b) Assertive communication involves avoiding conflicts, while aggressive communication addresses conflicts directly.

c) Assertive communication expresses thoughts and needs respectfully, while aggressive communication uses forceful or hostile behavior.

d) Assertive communication is passive and submissive, while aggressive communication is assertive and direct.

10. Which communication style promotes open communication, respectful interaction, and win-win outcomes?

- a) Passive communication
- b) Aggressive communication
- c) Assertive communication
- d) Passive-aggressive communication

11. What is a potential consequence of employing passive communication?

a) Building trust and empathy

b) Difficulty in setting boundaries and expressing needs

c) Strained relationships and conflicts

d) Fostering open dialogue and mutual understanding

12. Which communication style involves avoiding conflicts and suppressing opinions or needs?

- a) Passive communication
- b) Aggressive communication
- c) Assertive communication
- d) Passive-aggressive communication

Answers:

1. c) Assertive communication
2. b) Inability to express oneself assertively
3. c) Dominating conversations and disregarding others' feelings
4. b) Difficulty in setting boundaries and expressing needs
5. b) Respectful consideration of others' perspectives
6. b) Strained relationships and conflicts
7. d) Passive-aggressive communication
8. c) Subtle expression of dissatisfaction or resistance
9. c) Assertive communication expresses thoughts and needs respectfully, while aggressive communication uses forceful or hostile behavior.
10. c) Assertive communication
11. b) Difficulty in setting boundaries and expressing needs
12. a) Passive communication