

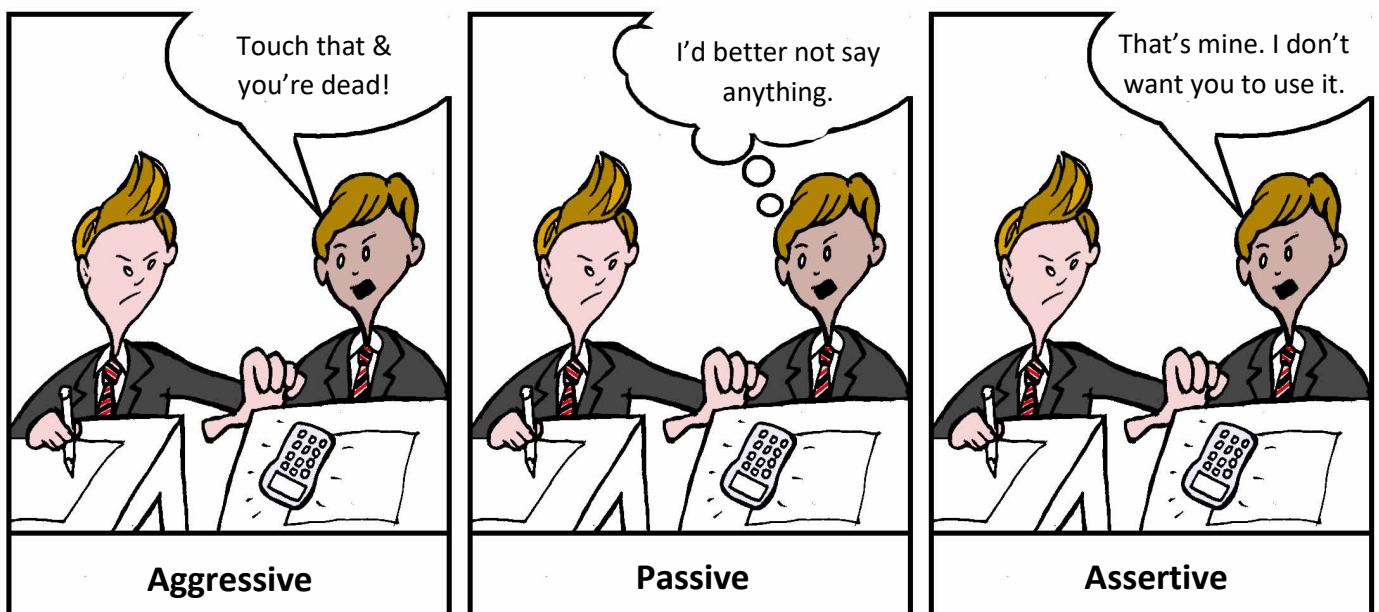
Types of behaviour.

Think of a time when you felt annoyed or angry about something. What other feelings did you have? Does everyone react as you did? Do you always react this way?

Task 1: List the different ways you could have behaved in this situation.

Write down what you would like to say to them.

Look at the different responses in the illustration.



What do you think about each type of response?

Aggressive:

Passive:

Assertive:

Match each of the words or phrases with the type of response you think it shows. What are the pros & cons of each response? Is one better than the other? If so, complete the comment column.

Word/Phrase	Aggressive	Passive	Assertive	Comment
Looking away.				
Loud voice.				
Hand gestures emphasise words.				
Pointing finger.				
Invades space.				
Smiling inappropriately.				
Deathly soft voice.				
Steady eye contact.				
Wringing hands.				
Mimicking voice or actions.				
Open body.				
Looking bored.				
Sarcastic tone.				
Slumped position.				
Hands on hips.				
Body closed off.				
Voice difficult to hear.				
Pounding fist.				
Playing with hair or fiddling with jewellery.				
Challenging eye contact.				
Upright posture.				
Appropriate voice.				

Look back at Task 1 & choose one of the situations.

List an Aggressive response, a passive response, an assertive response to the situation.

Aggressive:

Passive:

Assertive:

Which would be the best response & why?