

Quiz & Worksheet - Passive-Aggressiveness vs Assertiveness

1. What type of communication does an individual who feels powerless use to undermine the person with power?

- ☐ Passive
- ☐ Passive-Aggressive
- ☐ Assertive
- ☐ Aggressive

2. What would someone communicating passive-aggressively NOT do?

- ☐ Mutter to themselves
- ☐ State their rights clearly
- ☐ Speak sarcastically
- ☐ Self-sabotage as a means of communication

3. How does a person engage in assertive communication?

- ☐ By maintaining their individual rights without infringing on the rights of others.
- ☐ By being meek and not speaking up.
- ☐ By aggressively pursuing the individual and asserting their rights whether the other person's rights are stomped on or not.
- ☐ By muttering something about how they think that the other person is a doody head.

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Assertive Passive Aggressive Quiz

Jim Gallagher, Dorothy Kavanaugh

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Assertive Passive Aggressive Quiz:

Working with Young Men Vanessa Rogers,2010-04-15 Working with Young Men offers a wealth of positive group activities to engage motivate and meet the needs of young men Designed to help them improve their self esteem and develop leadership skills this book is full of fun and imaginative activities that explore issues such as anger peer pressure risk taking and emotional health and well being

How You Can Become Assertive Dr Ali Khwaja,2015-01-01 Generally in difficult interpersonal situations we tend to behave in one of the following ways 1 Becoming dominating and aggressive trying to get our way 2 Becoming passive and submissive and giving up 3 Trying to pair up with someone for support and take help The fourth and most appropriate way of handling relationships is by Assertiveness Most people confuse assertiveness with aggression or getting my own way True assertiveness however is much more than that Assertiveness considers the rights and needs of everybody It assumes that everyone is equal Because of this assertiveness can be thought of as a method of increasing choices for everyone

Manage Your Anger: Teach Yourself Sandi Mann,2012-12-28 If people perceive you to have an anger management problem it s likely you spend most of your time dealing with the consequences of this rather than the causes This practical book full of diagnostic questionnaires and immediately applicable advice will help you to understand the causes of your angry reactions and instead channel your emotions into directions which will enable you to have more successful relationships in your business and personal life

English in Practice 2 Workbook Julie Arnold,Lynda Wall,2013-10

Working with Young Women Vanessa Rogers,2010-03-15 Packed with fun sessions and practical group activities Working with Young Women presents a multitude of opportunities for young women to build self esteem confidence and assertiveness From art activities to life story work the author offers ideas for a wide range of projects games discussions drama and role play to engage and motivate

Speak Up! Rebecca Burgess,2022 For fans of Click and Brave this touching coming of age middle grade graphic novel debut follows an autistic girl who finds friendship where she least expects it and learns to express her true self in a world where everyone defines her by her differences Twelve year old Mia is just trying to navigate a world that doesn t understand her true autistic self While she wishes she could stand up to her bullies she s always been able to express her feelings through singing and songwriting even more so with her best friend Charlie who is nonbinary putting together the best beats for her Together they ve taken the internet by storm little do Mia s classmates know that she s the viral singer Elle Q But while the chance to perform live for a local talent show has Charlie excited Mia isn t so sure She ll have to decide whether she ll let her worries about what other people think get in the way of not only her friendship with Charlie but also showing everyone including the bullies who she is and what she has to say

The Student EQ Edge Korrel Kanoy,Steven J. Stein,Howard E. Book,2013-01-28 THE STUDENT EQEDGE Facilitation and Activity Guide This Facilitation and Activity Guide is a companion to the book The Student EQ Edge Emotional Intelligence and Your Academic and Personal Success It offers faculty and facilitators a hands on resource for helping students reach their

potential by tapping into the power of emotional intelligence The Facilitation Guide includes exercises and activities which are designed to help students develop confidence independence the ability to set and meet goals impulse control social responsibility problem solving skills stress tolerance and much more all of which help improve academic success The Guide also contains a wealth of illustrative case studies questions for student reflection movie selections and TV shows that illustrate emotional intelligence and a self development plan The single best resource on emotional intelligence in student affairs The Student EQ Edge Student Workbook and Facilitation and Activity Guide are well organized creative and offer everything an emotional intelligence facilitator would need in a fast paced student affairs environment The examples are soundly constructed and resonate with students These materials are my go to resources Candice Johnston associate director of student leadership and organizations Wake Forest University If I were building a new course to improve student success it would be founded on emotional intelligence All the instruction in the world on study skills cannot touch the advantages that come to students who are able to manage their emotional intelligence And the best news of all is that these skills can be taught EQ skills make the difference Randy L Swing executive director Association for Institutional Research This Facilitation and Activity Guide is particularly useful offering options from which the facilitator can draw in preparing assignments or learning community meetings The focus on learners needs and particularly an authentic exploration of self and purpose is practical yet has the potential to draw students to a deeper understanding of self that will draw them to high performance and contribution to others Dennis Roberts assistant vice president for faculty and student services for the Qatar Foundation

Understanding Spoken English - Teacher's Book Three Susan E. Boyer, 2008 This series has been designed to help students of English understand spoken language as it is encountered in everyday business and social situations in English speaking environments around the world Back cover A Guys' Guide to Conflict Jim Gallagher, Dorothy Kavanaugh, 2008 Examines the feelings and emotions involved in common disputes and rivalries with helpful advice for managing conflict and coping with challenging teen issues such as bullying or the spreading of malicious rumors **PASS UGC NET**

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