

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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