




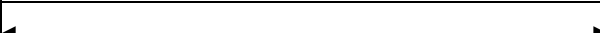
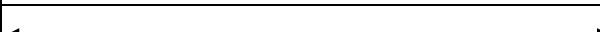


Reflecting on Past Behaviors

Think about the interactions that you've had with others recently and the degree to which you acted in a passive, assertive, or aggressive manner. Draw a mark on the arrow to show where you think your behavior fell on the spectrum of passive, assertive, and aggressive.

	Passive	Assertive	Aggressive
Example: My brother	←  →		
1. Friend	←  →		
2. Boyfriend/girlfriend	←  →		
3. Parent(s) or guardian(s)	←  →		
4. Teacher(s)	←  →		
5. Other classmates	←  →		
6. Authority figure (e.g., boss, coach)	←  →		

Reflect on your ratings by answering the questions below.

In which of the scenarios did you react most passively? Why do you think this was the case, and how do you think the outcome would have been different if you had reacted more assertively?

In which of the scenarios did you react aggressively? Why do you think you chose to communicate aggressively in this situation, and how do you think the outcome would have been different if you had chosen to react more assertively?