

**Assertive Behaviors:
Benefits, Contrasts and Limits *****

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Brian Person, kairosassociates.com

Passive

Sender is...

Self-denying

Inhibited

Feels hurt, anxious

Allows others to choose

Does not achieve their desired goal

Receiver is...

Guilty or angry

Depreciates sender

Achieves desired goal at sender's expense

Example:

Assertive

Sender is...

Self-enhancing

Expressive

Feels good about self

Chooses for self

MAY achieve desired result

Receiver is...

Self-enhancing

Expressive

MAY achieve their desired goal

Example:

Aggressive

Sender is...

Self-enhancing at expense of another

Overly Expressive

Feels "powerful"

Chooses for others

Achieves their desired goal by hurting others

Receiver is...

Self-denying

Feels hurt, defensive & humiliated

Does NOT their achieve desired goal

Example:

****Adapted from: Your Perfect Right, Albert & Emmons