NON-ASSERTIVE, ASSERTIVE AND AGGRESSIVE STYLES

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**NON-ASSERTION**: Failing to stand up for oneself, or standing up for oneself in such an ineffectual manner that one's rights are easily violated.

*Characteristics*: Indirect, self-denying, inhibited, hidden bargains, emotional dishonesty.

*Your Feelings*: Hurt, anxious at the time and probably angry later.

*Respondent's Feelings Toward Themselves*: Guilty or superior.

*Respondent's Feelings Toward You*: Irritation, pity, disgust.

**ASSERTION**: Standing up for oneself in such a way that one does not violate the basic rights of another person. It's a direct, honest, and appropriate expression of one's feelings and opinions.

*Characteristics*: Direct, expressive, leveling.

*Your Feelings*: Confident, self-respecting at the time and later.

*Respondent's Feelings Toward Themselves*: Valued, respected.

*Respondent's Feelings Toward You*: Generally respected.

**AGGRESSION**: Standing up for oneself in such a way that the rights of the other person are violated in the process. It's an attempt to humiliate or put down the other person.

*Characteristics*: Direct, domineering at another's expense, cutting off communication, putting down others.

*Your Feelings*: Righteous, superior, deprecatory of others at the time, and possibly guilty later.

*Respondent's Feelings Toward Themselves*: Hurt, humiliated.

*Respondent's Feelings Toward You*: Angry, vengeful.