

# WORKSHEET 11.1: COMMUNICATION STYLES AND YOUR MOOD



3 TYPES OF COMMUNICATION STYLES		
COMMUNICATION STYLES	Respects Wishes of Others	Respects Own Wishes
Passive	Yes	No
Aggressive	No	Yes
Assertive	Yes	Yes

1. What is your main communication style?

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2. How does your communication style affect your mood?

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3. How does your communication style affect your relationships with others?

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