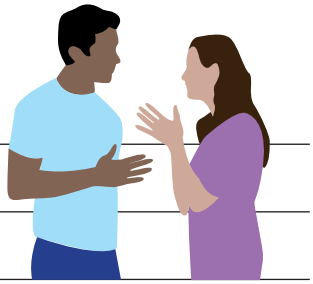
WORKSHEET 9.1:
COMMUNICATION STYLES AND YOUR MOOD

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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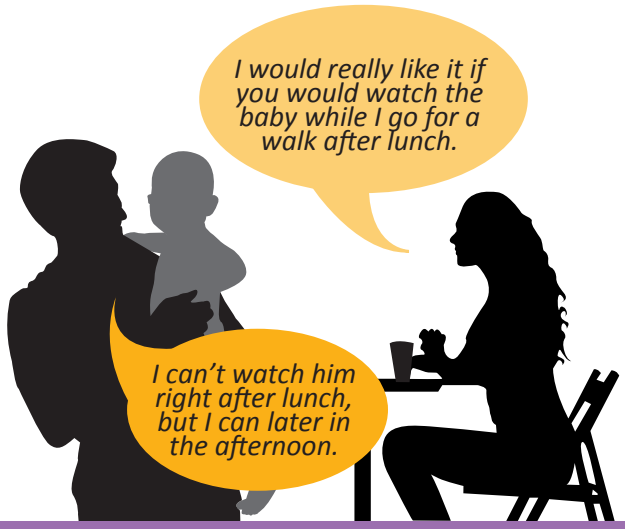
WORKSHEET 9.2:
GETTING YOUR NEEDS MET

- It's okay to ask for what you need.
- You are more likely to get what you need if you communicate in a positive, clear, and direct manner.
- When you ask for help from others, the more information you provide, the easier it will be for others to help you and the better your chances are of getting what you want. For example: "I want to attend a computer class on Wednesday from 1:00-3:00pm."
- The person may say "yes" or "no." You may need to compromise.



STEPS	MY EXAMPLE
1. What do I need?	
2. Who can help me?	
3. Ask for what you need in a way that clear and direct. (assertive communication)	
4. Respect the other person's right to say no.	
5. Be willing to compromise.	