


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?



2. How does your communication style affect your mood?

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