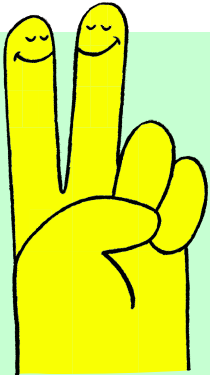


Effective Communication



Effective communication is one of the most important tools that builds and strengthens relationships with colleagues, friends, family members and loved ones. When you clearly communicate how you're feeling—happy, sad, confused, anxious—your friends and loved ones are better able to support you. Use the examples below to consider why some communication strategies are more effective than others.

1. ASSERTIVE: You tell someone how they made you feel in a nice and respectful way.

Circle one: **EFFECTIVE** or **NOT EFFECTIVE?**

Why is this communication effective or not effective?

2. PASSIVE: You don't share your feelings with anyone and you pretend that everything is okay even though you're upset.

Circle one: **EFFECTIVE** or **NOT EFFECTIVE?**

Why is this communication effective or not effective?

3. AGGRESSIVE: You express your feelings in a mean and disrespectful way.

Circle one: **EFFECTIVE** or **NOT EFFECTIVE?**

Why is this communication effective or not effective?

4. PASSIVE-AGGRESSIVE: You don't share your feelings, but then you do something to get back at the other person for hurting you.

Circle one: **EFFECTIVE** or **NOT EFFECTIVE?**

Why is this communication effective or not effective?
