



EVERY DAY WITH ADHD

Celebrate Abiding
disabilities

Description of passive, aggressive and assertive behaviours

Following is a table comparing behaviours and feelings associated with passive, aggressive and assertive behaviours.

	Passive	Aggressive	Assertive
General style of behaviour	Does not stand up for own rights, allows others to impose their views on self	Stands up for own rights, often attacks others verbally, tries to force own opinions on others, chooses for others.	Stands up for own rights without attacking others, chooses for self; allows others to choose for themselves.
Common associated feelings	Inhibition, anxiety, hurt, lack of self respect.	Anger, delayed guilt, lack of self respect.	Calmness, reasonableness, self respect.
Achievement of goals in inter-personal situations	Does not achieve own goals.	Often achieves own goals but at other's expense.	Sometimes achieves own goals.
Common associated behaviours	Quietness, timidity, avoidance of certain situations.	Anger, shouting, verbal attack, sarcasm.	Firmness, expressiveness, friendliness, activeness.
Effect on others	Guilty, anger, overlooking of passive person.	Resentment, anger, frustration, humiliation.	Appreciation, acceptance, expressiveness.

Behaviour Comparisons