

## Communication In Practice

Example: *Sally is unhappy with James because he told a secret that Sally told James in confidence.*

<b>Passive Response:</b>	<b>Aggressive Response:</b>	<b>Passive/Aggressive Response:</b>	<b>Assertive Response:</b>
<i>Sally doesn't say anything. When James mentions what he said to Sally, she thinks to herself, "That's okay, he didn't mean anything by it."</i>	<i>Sally find James in the Union and yells at him, saying "You're the worst friend! What is wrong with you?!" When James attempts to respond, Sally yells over him.</i>	<i>Sally doesn't confront James. She is sarcastic with James for a week after the event but denies that anything is wrong when he asks her.</i>	<i>Sally talks with James in private, saying in a calm voice, "I was hurt and angry when you told your friends about my secret. It feels like it is hard to trust you now."</i>

Considering the following questions, what might your reactions be?

- If you were in Sally's place, how would you feel if you responded as Sally does above?
- If you were in James' place, how would you feel if Sally addressed you in this way?

<b>Passive Response:</b>	<b>Aggressive Response:</b>	<b>Passive/Aggressive Response:</b>	<b>Assertive Response:</b>
<i>Sally's Reaction</i>	<i>Sally's Reaction</i>	<i>Sally's Reaction</i>	<i>Sally's Reaction</i>
<i>James' Reaction</i>	<i>James' Reaction</i>	<i>James' Reaction</i>	<i>James' Reaction</i>