Core Communication Styles Comparison

Feature	Passive	Aggressive	Passive-Aggressive	Assertive
Focus	Others' needs over own	Own needs over others'	Own needs (indirectly)	Own & others' needs (balanced)
Goal	Avoid conflict	Win, dominate	Punish, express anger subtly	Mutual understanding, respect
Voice	Quiet, hesitant	Loud, demanding	Sarcastic, sweet then sour	Confident, clear
Eye Contact	Poor	Intense, staring	Indirect, rolling eyes	Good, steady
Language	"Maybe," "Sorry," "I guess"	"You always," "You never"	Sarcasm, gossip, complaints	"I feel," "I need," "Let's"
Outcome	Needs unmet, resentment	Conflict, fear, damaged trust	Confusion, mistrust	Trust, respect, resolution