Examples of the 4 Core Communication Styles

Communication Style	Characteristics	Example Sentences
Passive	Soft-spoken, poor eye contact, slumped posture, difficulty expressing needs or opinions, avoids confrontation, apologizes frequently.	"Oh, it doesn't really matter what I want. Whatever you decide is fine." "I'm sorry to bother you, but could you maybe help me if you have time? No worries if not."
Aggressive	Loud voice, intense eye contact (staring), interrupting, blaming, criticizing, dominating conversations.	"You always mess things up! Why can't you do anything right?" "My way is the only way we're doing this. End of discussion."
Passive-Aggressive	Sarcasm, backhanded compliments, procrastination, muttering, silent treatment, smiling while angry.	"Oh, sure, I'd love to help you with that project I know nothing about." (said sarcastically) "Wow, you actually managed to finish on time for once. Good for you."
Assertive	Confident tone, good eye contact, calm posture, uses "I" statements, listens actively, sets boundaries respectfully.	"I feel frustrated when meetings start late because it disrupts my schedule. Can we aim to start on time?" "I understand your perspective, but I see it differently. Here's my thought..."