

## **TEACHER BACKGROUND INFORMATION PASSIVE, AGGRESSIVE, ASSERTIVE BEHAVIOR**

There are three (3) types of people in this world. These individuals can be categorized into **passive, aggressive or assertive behavior types**.

**Passive Types:** Are people who let others walk over them.  
They follow whatever wind that blows and allow others to make decisions for them.  
Even though this person may not like or want to do what the others are doing, he or she does not have the fortitude or courage to express inner feelings.  
Passive people are followers.  
An individual who allows passivism to control his/her emotions will be disappointed in how he/she is manipulated continually by others.

**Aggressive Types:** Are individuals who are always looking for a fight.  
Whether or not it is their business, they are right in the middle of it.  
They are masters at verbal or physical battle.  
Aggressive people thrive on intimidating others and others willingly acquiesce.  
Aggression breeds aggression.  
A person who lets aggression control his or her emotions will more than likely bring out the worst in others.

**Assertive Types:** Are individuals who calmly but insistently state his or her feelings in a nonemotional way.  
This individual does not allow others to manipulate, intimidate or control his/her behavior.  
"I" messages are used ("I think", "I feel", "I am", "I don't", "I want", "I won't", "I will", etc.).  
If this individual is in a threatening situation, he/she will walk away and seek help if appropriate.  
An assertive person tells if it is a harmful, dangerous, or against the law.