

PASSIVE:

- * crying (fake or real)**
- * whining & name-calling**
- * quiet denials**
- * running away**
- * making faces & roll eyes**
- * hide feelings**
- * tattling & snitching**
- * doing the attitude thing**
- * gossip or rumors**

AGGRESSIVE:

- * yell**
- * hit, push, kick**
- * extreme name-calling**
- * threats or promises**
- * fighting**
- * loud denials**
- * stomp**
- * slam doors**
- * loud put-downs**
- * break or destroy things**

ASSERTIVE:

- * Sincere Apologies**
- * Responsible Reporting**
- * Talk It Out**
- * WIN-WIN Outcomes**
- * Active Listening**
- * Respect Others**
- * Understand Others**
- * I Messages**
- * Set Firm Boundaries**
- * Self-Mentor**

I Message Sentence Starters:

* I want _____ because _____.

* I feel _____ because _____.

* I would appreciate it if _____ because _____.

* I think _____ because _____.

* I need _____ because _____.

* I expect _____ because _____.

* I wish _____ because _____.