

Continuum of Expressive Behaviors (Johnston, 1995)

Continuum of Behaviors

PASSIVE	ASSERTIVE	AGGRESSIVE
<p>withdraws avoids hides silent goes along</p>	<p>“I” statements clearly expressing your feelings, needs, thoughts.</p> <p>Elaborate justifications and explanations are not needed.</p> <p>“Broken record”: Repetitions of your “I” statements may be the best way to respond to invitations and/or attacks to move your from your stated position.</p>	<p>forceful, pushy selfish hits yells threatens pushes breaks things curses name calls “You” statements accuses falsely accuses</p>
<p>Your emotions are ignored or not acknowledged.</p>	<p>You remain aware of your emotions and they are under your control.</p>	<p>Your emotions are out of your awareness and your control.</p>
<p>Your behavior shows no respect for yourself of the other.</p>	<p>Your behavior shows respect for yourself and the other.</p>	<p>Your behavior shows no respect for yourself or the other.</p>