

Passive > Assertive < Aggressive

Passive (Too Nice)	Assertive (Firm)	Aggressive (Mean)
Suck it up	Clear Messages	Explosive
Hold it in	"I" Statements	Arrogant
Denial	Broken Record Technique	Oblivious
Subtle Manipulation	Well Respected	Manipulative
Guilt	Self-Accepting	Self-Absorbed
Shame	Self-Aware	Threatening
Low Self-Esteem	Self-Confident	Low Consideration of Others
Powerless	Powerful	Tyrannical/Out of Control
Latent Hostility	Comfortable	Hostile
Weak Boundaries	Well-defined, Clear Boundaries	Overbearing
Passive	Active	Attacking
"Door Mats"	Content	Dominant
Needs Acceptance	Self-Sufficient	Needs Power