

Assertive communication

There are three primary communication styles. Passive, where you suppress your own needs to please others. Aggressive, where you forcefully prioritize your needs over everyone else. Assertive, which is the ideal balance. Assertive communication involves respecting your own views while acknowledging the needs of others. Developing this skill is essential for healthy interactions, so it is important to understand these differences and stay mindful of how you deliver your message.

What I need to communicate		
Passive communication	Assertive communication	Aggressive communication