

## Anger Styles

	<b>Passive (Stuffing)</b>	<b>Aggressive (Escalating)</b>	<b>Assertive (Directing)</b>
<b>Characteristics</b>	Self denial of rights Reduces self-worth Reserved	Direct Disrespectful Reduces worth of others	Direct Honest Sincere communication
<b>Self feelings</b>	Hurt Anxious Insecure	Superior Potentially guilty	Calm Respectful of self and others
<b>Verbal expression</b>	Apologetic words Obscure intentions Inconclusive	Loaded words Accusatory Labeling and blaming language	Statement of wants Honesty Objective statements
<b>General non-verbal expressions</b>	Actions over words Hoping others guess your needs	Exaggerated show of strength Sarcastic	Attentive listening Caring and confidence in self
<b>Specific non-verbal expressions</b>	Voice is feeble Eyes are looking away and hopeless Posture is poor	Voice is tense, loud, and cold Eyes are narrowed and lack expression Posture has hands on hips Hands are clenched and used to communicate strong emotions	Voice is firm, welcoming, and well regulated Eyes are open and focused, but not glaring Posture is tall and comfortable Hands are relaxed
<b>Other person's feelings about themselves</b>	False Superiority Guilty	Hurt Defensive Anxious Embarrassed	Valued Self-respect
<b>Other persons feeling towards you</b>	Irritated Disgusted Disrespectful Distant	Hostile and defensive	Respectful Close Genuine