

## DEFINITION OF 3 TYPES OF INTERPERSONAL BEHAVIOR

### **Aggressive Behavior:**

Aggressive behavior is that type of interpersonal behavior in which a person stands up for their own rights in such a way that the rights of others are also violated. Aggressive behavior humiliates, dominates, or puts the person down rather than simply expressing one's own emotions or thoughts. It is an attack on the person rather than on the person's behavior. Aggressive behavior is quite frequently a hostile over-reaction or outburst, which results from past pent-up anger.

### **Non-Assertive Behavior**

Non-Assertive behavior is that type of interpersonal behavior, which enables the person's rights to be violated by another. This can occur in two ways: first, you fail to assert yourself when another person deliberately attempts to infringe upon your rights. Second, the other person does not want to encroach upon your rights, but your failure to express your needs of feelings results in an inadvertent violation. A non-assertive person inhibits her/his honest, spontaneous reactions and typically feels hurt, anxious and sometimes angry as a result of being non-assertive in a situation. Often, this person relives the situation in their minds pretending how they would do things differently if it happened again.

### **Assertive Behavior:**

Assertive behavior is that type of interpersonal behavior in which a person stands up for their legitimate rights in such a way that the rights of others are not violated. It communicates respect for that person's behavior. Assertive behavior is an honest, direct and appropriate expression of one's feelings, beliefs, and opinions.

## DEFINITION OF 3 TYPES OF INTERPERSONAL BEHAVIOR

### A Comparison of the 3 Types of Interpersonal Behavior

	Non-Assertive	Assertive	Aggressive
Characteristics of the Behavior	Does not express wants, ideas, and feelings or expresses them in self-deprecating ways.	Expresses wants, ideas, and feelings in direct and appropriate ways	Expresses wants, ideas and feelings at the expense of others.
Your feelings when you act this way;	Anxious, disappointed with yourself, Often angry, and resentful	Confident, feel good about yourself at the time and later,	Self-righteous, superior. Sometimes embarrassed later.
Other people's feelings about themselves when you act this way:	Guilty or superior.	Respected, valued	Humiliated, hurt.
Other people's feelings about you when you act this way:	Irritation, pity, disgust.	Usually respect.	Angry, vengeful.
Outcome:	Don't get what you want; anger builds up.	Often get what you want.	Often get what you want at the expense of others. Often feel justified at "getting even."
Payoff:	Avoids unpleasant situation, avoids conflict, tension, confrontation	Feels good, respected by others. Improved self-confidence and relationships.	Vents anger feels superior.