

MindFlex³⁶⁵

Assertive vs. Aggression

What are some consequences you might experience if you act aggressively?

What are some consequences you might experience if you respond passively?

What are some advantages of acting assertively?

In the following table, list some angry situations in which you responded with aggressive, passive-aggressive, or passive actions. Next, identify the related area of life where the incident occurred and the corresponding values statement. After that, write down how you responded. Finally, determine an assertive response aligned with your value and that you could do instead. We listed an example to get you started. The definitions for aggressive, passive-aggressive, and passive behaviors are as follows:

Aggressive: When angry, I act directly against others or things in a situation.

Passive-Aggressive: When angry, I indirectly act against others to express what I'm feeling in a situation.

Passive: When angry, I take action to avoid a situation altogether.

Angry Situation	Area of Life	Value	Aggressive, Passive-Aggressive, or Passive Action	Assertive Action
<p><i>My boss said I was stupid.</i></p>	<p><i>Work</i></p>	<p><i>Communicating respectfully</i></p>	<p><i>Aggressive: I called him an asshole.</i></p>	<p><i>I calmly and respectfully tell my boss, "I'm sorry to hear you didn't like my work. It's upsetting when you say I'm stupid and talk to me that way, and I feel angry. I care about talking with you respectfully and effectively, and I know you do. Next time, I'd like you to try harder to talk with me respectfully and effectively when you don't like something I did."</i></p>

Angry Situation	Area of Life	Value	Aggressive, Passive-Aggressive, or Passive Action	Assertive Action

References

Gallo, F. J. (2016). *A practitioner's guide to using the acceptance and commitment therapy crosshairs model*. Frank J. Gallo.

Gallo, F. J. (2017). *Bouncing back from trauma: The essential step-by-step guide for police readiness*. North Charleston, SC: CreateSpace Independent Publishing Platform.

Gallo, F. J. (2022). *Living with anger: Acceptance and commitment therapy for emotional resilience*. Frank J. Gallo.

Disclaimer

The content in this handout is strictly educational in nature. We are NOT providing psychological services or medical advice or establishing a relationship of any kind, including doctor-patient or teacher-student. Please see our [Company Policies](#) for more information.