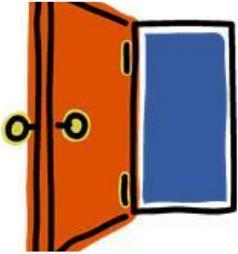


The Pressure Push Back



Passive

This is also called the doormat style because it invites people to walk all over you. For example: "Uh, I'm not sure. Maybe some other time." A passive style reveals a lack of confidence and leaves the door open for negative peer pressure.



Aggressive

This style is attacking or hostile. For example: "What? You want me to drink and be as stupid as the rest of you. No thanks, loser." This amount of force is really not necessary. You don't want to make an enemy for life. You simply want to let the other person know that you don't choose to behave in a negative way.



Assertive

This is the communication style that works best. It's both firm and friendly. For example: "No, I don't want a beer, I'll have a soda instead." This approach enables you to stand up for yourself without insulting or injuring the other person. When using this approach be confident.

Think About it:

You are studying for a test and you have to do well in order to pass the class. A friend sent a text and said that she has a cheat sheet for the test and that she'll share it with you. What do you say?

You and your soccer team are getting ready for a game. The star forward asks you if you would like a pill to make you run faster during the game. What do you say?

The park in your neighborhood closes at dark but your friends say they are going to climb the fence and go inside after dark. Your best friend turns to you and says, "Come on! We're all going in. You don't want to be left out." What do you say?