

# HOW TO EFFECTIVELY COMMUNICATE WITH FAMILY MEMBERS WITH DIFFERENT STYLES



When individuals in a family exhibit different communication styles, it's easy for conflict or misunderstandings to occur. Understanding different communication styles can help improve communication within the family.

## PASSIVE



- Typically stay quiet, don't seek attention.
- Rarely share needs or express feelings.
- Act indifferently and don't take a stance.

### ENCOURAGING PASSIVE COMMUNICATORS

- Ask for their opinion.
- Be patient while they think through their response.
- Use one-on-one conversations to help them feel comfortable.

## AGGRESSIVE



- Tend to dominate conversation.
- React before thinking.
- Often considered intimidating.

### ENGAGING AGGRESSIVE COMMUNICATORS

- Be calm and assertive.
- Know when to walk away if you're no longer making positive progress.

## PASSIVE AGGRESSIVE



- Appear passive on the surface, but often have aggressive motivation/actions.
- May agree, but their actions don't always align with their words.
- May use quiet manipulation.

### ENGAGING PASSIVE-AGGRESSIVE COMMUNICATORS

- Confront negative behavior.
- Make clear requests/statement to avoid confusion or misinterpretation.
- Ask for their feedback in a one-on-one situation.

## ASSERTIVE



- Share thoughts and ideas confidently, but politely/respectfully.
- Take on challenges but know how to say no when they need to.
- Understand their own limits and protect their boundaries without being aggressive or defensive.

### CAPITALIZING ON COMMUNICATION

- Encourage them to share ideas.
- Enlist their help if you are talking with a passive-aggressive or aggressive communicator.

Need help? Connect with your local Marine Corps Family Team Building, Community Counseling, or Marine and Family Life Counselor for support.