






Are you a Turtle, Tiger or Owl?

<i>Non-Assertive Behavior is being like a Turtle</i>	<i>Aggressive Behavior is being like a Tiger</i>	<i>Assertive Behavior is being like an Owl</i>
 <p>Hides, avoids, fearful of rejection or the anger of others</p>	 <p>Rude, bossy and controlling of others</p>	 <p>Wise, calm and collected, more observant than reactive</p>
Goal: To Play It Safe and Be "liked"	Goal: To be right and prove it!	Goal: To express self honestly and tactfully.
Fearful of being yelled at or of others using physical force	Uses verbal and even physical force	Refrains from verbal or physical force
Remains quiet to not make mistakes or "get into trouble"	Uses "You" Statements	Uses "I" statements
Sensitive to disapproval and rejection	Insensitive to others	Sensitive to both self and others
Disrespectful to oneself	Disrespectful to others	Respectful to self and others
Allows right to be violated	Violates rights of others	Balances rights with responsibilities
Accepts others more than themselves	Is judgemental of others	Accepting of self and others
Keeps feelings in	Free to express angry feelings	Expresses feelings tactfully
Is fearful of being "wrong" or seeming "stupid"	Needs to be "right"	Is most concerned with being kind - not right
Dishonest and indirect	Bluntly honest without regard for others	Tactfully open and honest
Might feel anxious, sad, isolated and misunderstood	Feels superior over others, over-confident and gets angry easily	Feels secure, confident and loving