

# Are You A



Commando?



Mouse?



Communicator?

It's often not what we say, but how we say it that keeps us feudin' and fussin'!

**Self Test:** Which best describes your general style of communication:

**A Commando** comes from being **AGGRESSIVE** → "I'm OK, You're NOT!"

*Aggressive speakers put their audience on the defensive much of the time. They promote themselves, often to the point of bullying. This is **learned** behavior. It can be unlearned!*

**A Mouse** comes from being **PASSIVE** → "You're OK, I'm NOT!"

*Passive speakers back off from discussions that harbor conflict or controversy. They usually feel they are not smart enough to compete or have been told that their views don't matter. This is also **learned** behavior. It can be unlearned!*

**A Communicator** comes from being **ASSERTIVE** → "We are both OK!"

*Assertive people are fair-minded and consider the other guy's point of view. They may not change their mind, but they do not punish others for not changing their mind either. **This behavior can be learned!***

Better communication begins with understanding where our style of communication begins. You can even be mixed and have all 3 communication styles, but one style usually predominates.

Want to know how to be a great **Communicator**?  
Talk with a Counselor Today

**Mary Walseth M.A., LPC** can help you learn effective ways to communicate and get results. You can reach her by calling **210-452-6416** or by e-mail at [mwalseth@satx.rr.com](mailto:mwalseth@satx.rr.com)

