

Passive/Aggressive/Assertive

Brief Overview of Session

In this session, the boys will have an opportunity to look at problem-solving techniques as a way to deal more appropriately with life situations. They also will become acquainted with passive, aggressive, and assertive reactions to situations.

Goals

- To assist group members in realizing that there are some situations in their lives that they cannot change.
- To assist group members become familiar with passive, aggressive, and assertive reactions to life situations.
- To present problem-solving suggestions.
- To let group members demonstrate their understanding of assertive problem-solving

Materials

- Chart with "Passive", "Aggressive", and "Assertive" and their definitions.
- Magazines with photographs

Procedure

- Show group members the chart with the words "Passive", "Aggressive", and "Assertive" on it. Explain each of the terms and give an example of how each conflict style may be played out using the following example:

Joe and Charlie have been having a conflict over a library book that Joe borrowed from Charlie. When Charlie put the book in his locker to return it to Joe, it was stolen. Joe wants his book back.

Passive Solution: Joe pays for the book and does not mention it again.

Aggressive Solution: Joe beats Charlie up after School.

Assertive Solution: Joe asks Charlie if they can meet to talk about what they can do about the lost book. They decide together on a situation that is agreeable to both.

- Encourage group members to talk about how the "Assertive" method of behavior can help them solve problems.
- Have group members find an example of assertive behavior in one of the magazines.
- Allow time for sharing their examples.

Closure

To bring closure to the group, group members will be encouraged to share how this activity was like for them, and complete the written assessment.

Assertive Problem -- Solving Activity

1. Do you feel that participating in this activity was helpful to you? Why or why not?
2. What part of today's group did you like best?
3. What part of the group did you like least?

PASSIVE Handle conflict by doing nothing

AGGRESSIVE Handle conflict by harming others (verbally or physically)

ASSERTIVE Handle conflict by using problem solving