**Passive communication**: a non-direct or unclear message; not expressing your feelings at all or doing so in a manner that is vague and makes it seem that you could easily be persuaded to change your mind.

**Aggressive communication**: a hostile or forceful message with an intention to hurt or pressure; expressing your feelings in a manner that is confrontational.

**Assertive communication**: a direct and clear message with no intention to hurt; expressing your feelings in a manner that is honest, self-confident and considerate of the other person's feelings.

[Cite your source here.]

Using **assertive communication**, plan what you will say in your role play:

Let your partner know what you want?

Let them know why you want this?

What might be a compromise or something that can work for both of you?