

ASSESSMENT # 3

Total Marks: 30

Answer the following questions:

Q: 1: Short Questions (15)

- I. What is Assertiveness?
- II. Describe the characteristics of Manipulative or Passive-Aggressive behaviour.
- III. What are the major consequences of Assertive behaviour?
- IV. Outline the major consequences of Manipulative or Passive-Aggressive behaviour.
- V. Define the following terms:
 - a. Aggressive behaviour
 - b. Assertive behaviour
 - c. Manipulative or Passive-Aggressive behaviour

Q: 2: Outline the steps necessary for improving Assertiveness Skills. (7)

Q: 3: Write detailed notes on Passive behaviour. (8)