

The Mouse

Mice can be nice...

...but sometimes they are afraid to speak and avoid looking at people and showing their true feelings. They are PASSIVE!

They want to be liked and agree with others, even hurting themselves to avoid hurting others.

Mice can be so nice that they can be walked over and even squashed by others!

Some of the mouse's body language is:

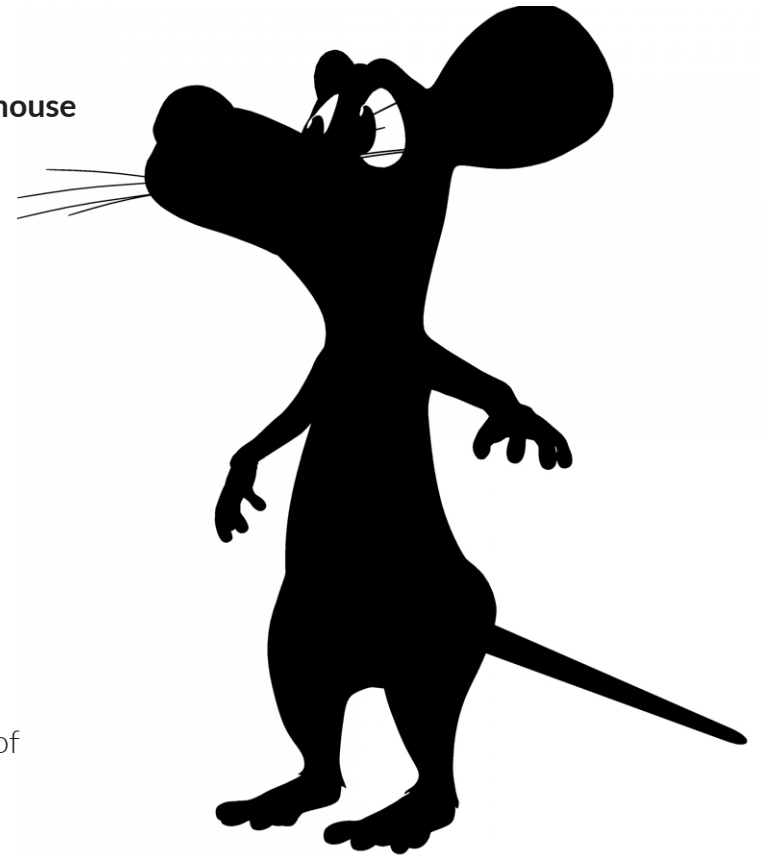
- S/he does not look people in the eye and often avoids eye contact
- S/he speaks in a soft voice and can be difficult to hear or his/her voice wobbles
- His/her body slumps and slouches
- S/he fidgets and fiddles with things

In fact, the 'mousy' person sometimes looks as if you could push him/her over quite easily.

Some words people use to describe this mouse are:

- A pushover
- Pathetic
- Cowardly
- Nervous
- Timid
- Weak
- Passive
- A loser
- Afraid
- Apologetic
- Shy

(Secretly, the mouse does not think much of him/herself).



The Monster

Monsters can be nice... but...

.... Usually they are not respectful, welcoming or nice. They are AGGRESSIVE!

They go around squashing mice who are too scared to stand up for themselves.

They want to get their own way like it or not! Usually at the expense of other people.

The monster wants to win even if s/he hurts other people's feelings

Some of the monster's body language is:

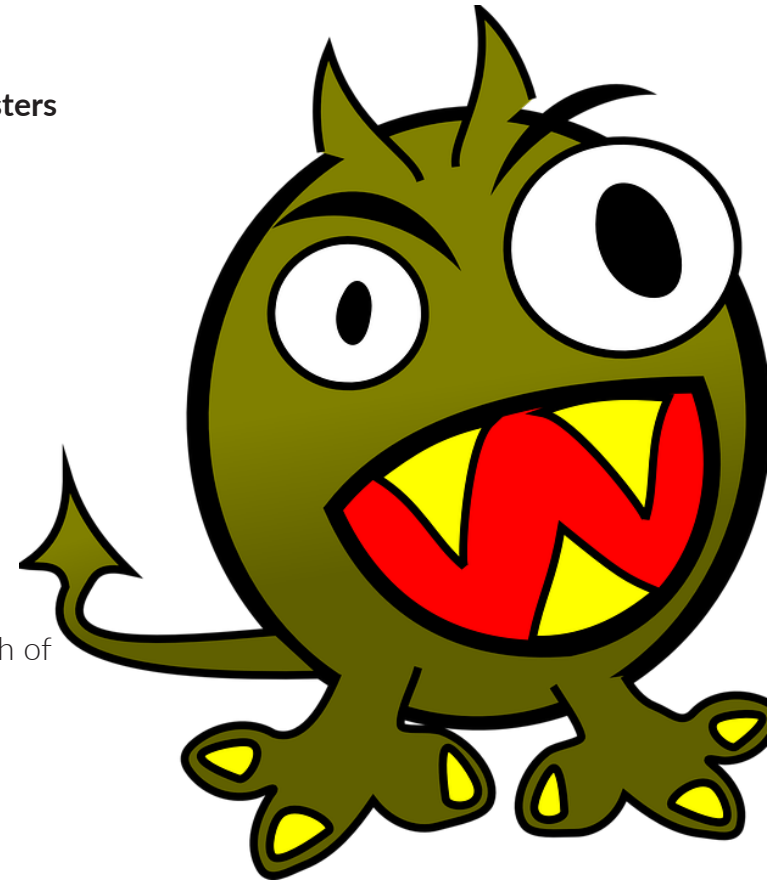
- S/he stares people in the eye
- S/he speaks in a very loud voice, sometimes sounding sarcastic or angry
- S/he speaks very fast
- S/he towers over you or looks ready to fight.

In fact the monster is really quite scary and not approachable.

Some words people use to describe monsters are:

- A bully
- Mean
- Pushy
- Aggressive
- Thoughtless
- Rude
- Forceful
- Intimidating
- Threatening

(Secretly, the monster does not think much of him/herself, either.)



The Assertive Person

People who are ASSERTIVE are usually nice – but they are not so nice that people can walk on them.

They stand up for themselves and their rights.

They say what they think or want honestly and directly.

They recognise other people's rights and feelings.

They respect other people and do not force their views on those weaker than themselves.

An assertive person's body language is:

- S/he looks you straight in the eye
- S/he stands up straight and relaxed
- S/he speaks clearly and firmly – neither too loudly or too softly

Some words that describe an Assertive person are

- Confident
- Friendly
- Honest
- Respectful
- Caring
- Fair
- Firm
- Sensitive to others feelings

The assertive person likes him or herself but does not need to hide it or show it off.

They are happy to be themselves!

