

Scenario quiz meanings.

Mostly A's

Behaving aggressively is asking for what you want or saying how you feel in a threatening or humiliating way that may offend the other person(s). An aggressive response is very rarely in your best interest, because it almost always leads to increased conflict. This isn't an absolute rule, though. In a self-defence situation, for example, behaving forcefully may be appropriate.

It is important that people don't feel they have to bottle things up if they are feeling angry or upset – these feelings are a sign that something maybe wrong. But it is normally best to find a more tactful and respectful way of resolving things.

Mostly B's

Behaving passively means not expressing your own needs and feelings, or expressing them so weakly that they will not be addressed. A passive response is not usually in your best interest, because it allows other people to violate your rights. Yet there are times when being passive is the most appropriate response. It is important to assess whether a situation is dangerous and choose the response most likely to keep you safe. It may also be appropriate to let trivial matters go if you assess that this is the best approach in a particular situation, perhaps because a friend was stressed at the time and doesn't normally behave that way.

Mostly C's

Smoothing things over with nice gestures can sometimes provide people with a more positive atmosphere in which to resolve disagreements. Olive branches can be helpful but if this is the only thing a person does, and they don't communicate about what happened, the problem may not be fully resolved.

Sometimes small disagreements in long-term relationships can be resolved without discussing things further. But it is important to think about whether this situation keeps happening – sometimes smoothing things over doesn't resolve them.

Mostly D's

Behaving assertively means asking for what you want or saying how you feel in an honest and respectful way that doesn't infringe on others' rights or put them down.

An assertive response is almost always in your best interests, since it is your best chance of getting what you want without offending the other person(s). But if tempers are high, if people have been using alcohol or other drugs, if people have weapons or if you are in an unsafe place, being assertive may not be the safest choice.

Mostly E's

Often there is no one 'right' or 'wrong' way to handle a situation and people often behave differently in different types of situations, perhaps because there are other factors involved. So it is likely that people might want to do something slightly different to the options provided – we are all different. However, there are clear limits to what is okay and not okay. Think back to the work we did on rights and responsibilities in relationships. Some actions – like violence or threatening behaviour – are never okay.