

## Aggressive Behaviors

**Voice** - tense, shrill, loud, shaky, cold, "deadly quiet", demanding superior, authoritative.

**Eyes** - expressionless, narrowed, cold, staring, not really "seeing" you.

**Stance** - hands on hips, feet apart.

**Posture** - stiff and rigid, rude, involved in somebody else's body set.

**Hands** - clenched, abrupt gestures, finger-pointing, fist pounding, cold.

**Feet** - tapping, firmly planted.

**Your feelings when you engage in this behavior.**

Righteous, superior, depreciatory at the time and possible guilty later.

**The other person's feelings about themselves when you engage in this behavior.**

Hurt or humiliated.

**The other person's feelings about you when you engage in this behavior.**

Angry or vengeful.