



Discussion

After watching the film, discuss.

In the story shown in the film the moose and the wolf behave **submissively** towards the bear. Because they recognize his superiority and right to make decisions they resign themselves to the situation and get eaten.

The hare assumes a partner-like relationship on the same standing as the bear (the bear has his own plans but others also have theirs). The hare "is OK" and the bear "is OK" He behaves **assertively** and suggests the bear modify his plan, which would involve taking into account his, the hare's needs. The bear agrees to make changes.

In the story there is no third, **aggressive**, attitude that could have occurred in the situation described here. The wolf could have argued with the bear or decided to fight it. However, as in the first case, the wolf would probably have ended up losing.



Talk

The students and the teacher talk about different attitudes: aggressive, submissive, and determined (assertive): what do these attitudes involve and what might be their effects.

An aggressive attitude when expressing an opinion means that you express yourself without respecting the rights and feelings of another person. Aggressive statements can hurt another person and be aimed directly at that person instead of at the object of the discussion. Aggressive attitudes can take the following form: making personal critical remarks, assuming a cutting tone, disregarding the person you are talking to, or not letting him or her speak.

A submissive attitude – people who are submissive don't know how to assert their rights and express their needs either when there is a conflict of interest or during a discussion. They find it difficult to say no when they don't want to do something asked or demanded of them. They are poor at communicating their opinions and they are easily persuaded. For the most part they do not take part in the discussion. Despite the fact that sometimes it is clear that they do not feel like doing something, they very rarely communicate this fact, and for the most part keep negative feelings to themselves .

An Assertive attitude entails expressing an opinion in a clear and determined way without violating the rights of other people. By behaving assertively, a person can defend his/her boundaries or be critical without hurting others. Assertiveness is an acquired skill which can be practiced.

Possible effects of these different types of behavior:

aggressive:

- The interlocutor creates an unpleasant impression,
- the interlocutor is seen in a negative light
- the feelings and needs of the aggressive person are not accepted by others, due to their aggressive way of communicating,
- a breakdown in communication occurs as a result of negative impressions of the interlocutor,
- the discussion can turn into conflict;

submissive:

- a submissive person is regarded as weak by those around him,
- he or she is often taken advantage of by, e.g., aggressive people
- the people around a submissive person may not know the feelings and needs of the latter as they rarely expressive them,
- low self-esteem,
- no self-confidence,
- a feeling that others are always taking advantage of you;

assertive:

- high self-esteem,
- better relationships with other people due to positive and effective communication,
- less easily manipulated and taken advantage of by other people,
- more successful in communicating with people
- generally better accepted in society

