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| COOL | WEAK | AGGRO |
| Stand tall | Shout or yell | Talk softly or mumble |
| Stand up for yourself politely | Cry or sulk | Speak rudely, tease or put people down |
| Smile or look calm | Look down at the floor | Blame others |
| Feel embarrassed, nervous or useless | Stand far away or hunched over | Stand up for yourself politely |
| Look the other person in the eyes | Give in to others | Stand close or threaten |
| Push, hit, punch or kick | Speak firmly but friendly | Feel confident and in control |
| An idea of your own | Take responsibility for your actions | Tell lies to try to get out of the situation |
| An idea of your own | An idea of your own | An idea of your own |