

Communication Style Assessment

Select the statement or style that you most identify with.			
1	2	3	4
I try to avoid conflict at all cost.	I will follow others, but indirectly make it known that I am unhappy.	I will state my expectations clearly and may be willing to reasonably compromise to achieve a win-win situation.	I will try to dominate conversations and situations to get my way.
I exhibit poor eye contact and timid or slumped posture.	My body language does not match what I am communicating.	I maintain eye-contact and my body language matches what I'm communicating.	My body language is ridged or uninviting and tone angry or threatening.
I will let others deliberately infringe on my rights.	I have difficulty acknowledging my frustration and will mutter or talk to myself rather than confront the person or situation.	I communicate respectfully using "I" statements. <i>"I" statements focus on the feelings of the speaker rather than the listener.</i>	I will get my way in the end regardless of how others feel.
I speak softly or apologetically.	I speak dismissively or sarcastically when I disagree.	I speak in a calm, clear tone of voice.	I am loud, bossy, and intimidating.
I get stepped on by everyone.	If I don't get my way, I'll disrupt or sabotage.	I recognize that I cannot control the feelings or actions of others, but I have complete control over myself.	I own you.
It's all my fault.	Yeah, it's all my fault. (Sarcastically)	It takes two to tango, so let's see how we can work together to solve this.	It's all your fault.
I'm weak and never get my way.	I will make it appear that I'm cooperative, but I'm not; I have a hidden agenda.	I realize that I have choices and I carefully consider my options.	You owe me.