



What's Your Style?

Want to know if you are a passive or reactive communicator?

Style of Communication Indicator

This is a quick and simple way (non-scientific) to determine your natural style when dealing with difficult people and circumstances. When you answer, think of how you respond in public situations. By answering T (true) you are indicating this statement is true most of the time. When answering F (false) you are indicating this statement is false most of the time. Please answer all questions T or F. Being totally honest about what is mostly true and false will help you determine your communication style.

If you want validation, give this indicator to a few friends and family members and ask them to rate you.

1. _____ I almost always avoid conflict when I can.
2. _____ I sometimes hurt others' feelings without intending to do so.
3. _____ I often blow off steam because it "lets it out" and makes me feel better.
4. _____ I often have a conversation in my head about what others will think or how they will respond to me if I say what I am thinking.
5. _____ I often walk away from a conversation saying to myself or others, "I wish I had said..."
6. _____ I don't have any problem letting someone know that I'm upset.
7. _____ My family tells me that I act with more intensity at home than I do in public.
8. _____ It is difficult for me to remain silent in public when I have strong opinions.
9. _____ I have no problem "telling it like it is."
10. _____ I feel anxious when others are upset with me.
11. _____ Although I have a long fuse, I do blow up at times or engage in self-destructive behaviors.
12. _____ Others see me as a "peacemaker."
13. _____ I am very direct in the way I communicate.

14. _____ I have difficulty being honest if I think what I say may hurt someone's feelings.
15. _____ I don't like to "beat around the bush" when I have something to say.
16. _____ It bothers me when others don't say what they really mean.
17. _____ I get upset quickly and get over it in the same way.
18. _____ It is difficult for me to speak up in public even if I have a strong opinion.
19. _____ I don't get mad; I just get even.
20. _____ Others see me as soft-spoken.

Evaluation of Communication Style Indicator

1) Total the number of true answers for questions:

1, 4, 5, 7, 10, 11, 12, 14, 18, 20 _____ (Passive)

2) Total the number of true answers for questions:

2, 3, 6, 8, 9, 13, 15, 16, 17, 19 _____ (Reactive)

3) On the continuum below circle the numbers reflecting your total Passive and Reactive answers.

P -----R
 10 9 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 9 10

What it means...

- A higher total in P and a lower total in R indicates a passive style.
- A higher total in R and a lower total in P indicates a reactive style.
- A higher total in P and a high total in R (not as high as P) indicates a passive style; you're probably not totally satisfied with the way you deal with difficult situations and people.
- A higher total in R and a high total in P (not as high as R) indicates a reactive style; you're probably not totally satisfied with the way you deal with difficult situations and people.
- Equal totals in the center is the sign of an Honest, Direct and Respectful (HDR) communicator. Is this mostly true? If so - great. For validation, ask someone else to rate you.
- Equal scores at both extremes means you are probably confused or haven't spent much time thinking about your style of communication.