

# COMMUNICATION STYLES QUIZ

Use the questionnaire below to assess your Communication Style. Total your score on Assertiveness and divide by 15. Then total your score on Responsiveness and divide by 15. Determine your combination of score to identify your predominant Communication Style.

<b>ASSERTIVENESS RATINGS</b>				<b>RESPONSIVENESS RATINGS</b>			
The degree to which a person attempts to control situations or the thoughts and actions of others				The readiness with which a person outwardly displays emotions or feelings and develops relationships			
Quiet.....Talkative				Open.....Reserved			
1	2	3	4	4	3	2	1
Slow to Decide.....Quick Response				Impulsive.....Deliberate			
1	2	3	4	4	3	2	1
Going along.....Taking charge				Using opinions.....Using facts			
1	2	3	4	4	3	2	1
Supportive.....Challenging				Informal.....Formal			
1	2	3	4	4	3	2	1
Compliant.....Dominant				Emotional.....Unemotional			
1	2	3	4	4	3	2	1
Deliberate.....Quick Decisions				Easy to know.....Takes time to know			
1	2	3	4	4	3	2	1
Asking questions.....Making statements				Warm.....Aloof			
1	2	3	4	4	3	2	1
Cooperative.....Competitive				Excitable.....Calm			
1	2	3	4	4	3	2	1
Avoiding risks.....Taking risks				Animated.....Poker-faced			
1	2	3	4	4	3	2	1
Slow, studied.....Fast-paced				People-oriented.....Task-oriented			
1	2	3	4	4	3	2	1
Guarded.....Carefree				Spontaneous.....Cautious			
1	2	3	4	4	3	2	1
Indulgent.....Firm				Responsive.....Nonresponsive			
1	2	3	4	4	3	2	1
Nonassertive.....Assertive				Humorous.....Serious			
1	2	3	4	4	3	2	1
Mellow.....Matter-of-fact				Quick to act.....Methodical			
1	2	3	4	4	3	2	1
Reserved.....Outgoing				Lighthearted.....Intense			
1	2	3	4	4	3	2	1
TOTAL SCORE = _____ / 15 = _____				TOTAL SCORE = _____ / 15 = _____			

# SCORING

**Less** than 2.5 Assertive + **Less** than 2.5 Responsive = Analytical

**Less** than 2.5 Assertive + **More** than 2.5 Responsive = Amiable

**More** than 2.5 Assertive + **Less** than 2.5 Responsive = Driver

**More** than 2.5 Assertive + **More** than 2.5 Responsive = Expressive

YOUR COMMUNICATION STYLE: \_\_\_\_\_

<b>ANALYTICAL</b>	<b>Thinking</b>	<b>Logically organizing and analyzing data</b>
<b>AMIABLE</b>	<b>Feeling</b>	<b>Emotional and personal reactions to experiences</b>
<b>DRIVER</b>	<b>Sensor</b>	<b>Quick reactions to here and now sensory input</b>
<b>EXPRESSIVE</b>	<b>Intuitive</b>	<b>Imagination and thought</b>