

Name : \_\_\_\_\_ Date : \_\_\_\_\_

# My Communication Style

**Instructions:**

Read each statement and check the one that describes you best.

**1. When I disagree with someone, I usually:**

- Stay quiet
- Get upset or raise my voice
- Explain my feelings calmly

**2. When someone hurts my feelings, I usually:**

- Ignore it
- React immediately
- Talk about it later

**3. When someone shares a problem with me, I:**

- Give advice quickly
- Listen carefully
- Change the topic

**4. I feel most comfortable communicating when:**

- Talking with close friends
- Texting
- Talking face-to-face

**Reflection Question:**

**What is one communication skill you would like to improve?**

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