## **Communication Styles**

This questionnaire is designed to help you assess your preferred communication style. Thinking about your behaviour at work, write a score against each statement to represent which best typifies your behaviour.

4 = Strongly Agree, 3= Agree Somewhat, 2 = Disagree Somewhat, 1= Disagree Strongly

| 1 | I express my opinions in an honest and appropriate manner |  |
| --- | --- | --- |
| 2 | I can get angry and let this show |  |
| 3 | I find it difficult to say “No” |  |
| 4 | If I don’t agree with a task that my boss has given me, I find a way of dragging my feet on it |  |
| 5 | I feel comfortable in asking for help from someone if they know more than I do |  |
| 6 | I feel guilty if I leave on time for a valid reason and other people are still working |  |
| 7 | I can be sarcastic |  |
| 8 | I think of my way of doing things is better than other people’s |  |
| 9 | If someone takes advantage of me, I find a way of evening the score |  |
| 10 | I feel I have a right to say no to other people’s requests and to negotiate a compromise |  |
| 11 | If I am in a large meeting, I find I do not speak up |  |
| 12 | I like to be in control of a situation |  |
| 13 | I stare people down |  |
| 14 | I make good eye contact with other people |  |
| 15 | If I am unsure about a task that I have been given, I find it uncomfortable to ask for help |  |
| 16 | I talk about other people behind their backs |  |
| 17 | When I have to deal with someone in authority, I find it difficult to look them directly in the eye |  |
| 18 | I am a good listener and equally other people listen to what I have to say |  |
| 19 | Rather than confronting someone about an issue, I would rather give them the cold shoulder or drop hints to other people that I am not happy |  |
| 20 | I am not afraid to be direct with someone, even if they think I am being rude |  |