

## Communication Styles Quiz

Read each statement and determine which option best fits you personally. Put your answer in the box.

When I disagree with someone, I usually:

- A. Stay quiet and bottle up my feelings, but later express them indirectly or sarcastically
- B. Express my opinion clearly and respectfully, even if it's different from others.

If I feel angry about something someone did, I:

- A. Drop hints or make indirect comments to let them know I'm upset without saying it directly
- B. Calmly tell the person how I feel and discuss the issue openly

When someone asks me for a favor, I:

- A. Say yes even if I don't want to, but then complain or act resentful about it later
- B. Politely say yes or no based on my capacity and time, without feeling guilty.

In a group discussion, if my needs or opinions are ignored, I usually:

- A. Get frustrated and may passively aggressively criticize or make sarcastic remarks.
- B. Clearly state my opinion or ask for my needs to be considered without being confrontational

If I feel overwhelmed by someone's behavior, I tend to:

- A. Give them the silent treatment or make snarky comments instead of addressing the issue directly
- B. Let them know in a calm and clear manner how their behavior is affecting me.

When someone asks how I am doing, I usually:

- A. Say "I'm fine" even if I am not, and don't reveal how I really feel
- B. Share my feelings honestly in a way that is appropriate to the situation

If I am criticized by someone, I tend to:

- A. Make excuses or deflect blame, sometimes using humor or indirect comments to avoid dealing with the criticism.
- B. Accept the feedback, acknowledge areas from improvement, and discuss how I can do better.

When I need something from someone, I usually:

- A. Don't ask directly but try to manipulate or hint at what I want through my actions.
- B. Ask directly and respectfully for what I need, without feeling guilty.

If a conversation gets heated, I tend to:

- A. Shut down or give short responses while internally feeling angry or frustrated
- B. Stay calm and listen to the other person's viewpoint, while expressing my own perspective in a clear manner.

When I feel hurt by someone, I often:

- A. Avoid confrontation and instead use passive-aggressive behaviors, such as making jabs or withdrawing emotionally.
- B. Talk to the person openly about why I am hurt and work together to resolve the issue.

Count the number of times you answered either A or B from above and put your answers below:

- A.
- B.

Based off your answers to the above question, which of the following best fits the results above?

- A. **Mostly A's (Passive-Aggressive):** You may sometimes engage in passive-aggressive behavior. This can occur when you're uncomfortable being direct or feel that you can't express your feelings openly. Recognizing these tendencies is the first step toward developing a more assertive communication style.
  
- B. **Mostly B's (Assertive):** You communicate your thoughts and feelings in a clear, honest, and respectful manner. You express your needs while considering others' feelings, and you maintain healthy boundaries without resorting to passive-aggressive tactics
  
- C. **Balanced:** If you have a mix of both, you might find yourself using different communication styles depending on the situation. In those cases, you may benefit from developing a more consistent, assertive approach to reduce any confusion or conflict.

Place your answer here: