

Communication Style Quiz

Knowing your communication style helps you adapt to different situations and improve interactions. This quiz will help you identify tendencies and learn strategies for better communication.

INSTRUCTIONS: Answer each multiple choice question by circling the option that best describes you.

1. When discussing a problem, you usually:

- A) Focus on facts and details
- B) Express feelings openly
- C) Look for quick solutions

2. You prefer conversations that are:

- A) Structured and goal-oriented
- B) Personal and empathetic
- C) Spontaneous and lively

3. In a group setting, you tend to:

- A) Take charge and lead
- B) Listen and support others
- C) Share ideas enthusiastically

4. Feedback from you is usually:

- A) Direct and constructive
- B) Gentle and encouraging
- C) Balanced with positives

5. When someone disagrees with you, you:

- A) Present logical arguments
- B) Try to understand their feelings
- C) Seek compromise quickly

6. When planning, you:

- A) Create a clear action plan
- B) Consider everyone's feelings
- C) Look for creative options

7. Your emails are usually:

- A) Brief and to the point
- B) Warm and friendly
- C) Detailed and explanatory

8. In conflict, you:

- A) Stand firm on your position
- B) Try to maintain harmony
- C) Look for win-win solutions

9. When under stress, you:

- A) Become more assertive
- B) Withdraw and reflect
- C) Seek reassurance from others

10. Your communication strength is:

- A) Clarity and precision
- B) Empathy and support
- C) Enthusiasm and adaptability



WHAT'S YOUR COMMUNICATION STYLE?

Count how many A, B and C answers you selected:

Mostly A: Direct/Analytical Style — You value clarity and logic.

Tip: Practise empathy to balance assertiveness.

Mostly B: Supportive/Relational Style — You prioritize harmony and feelings.

Tip: Be clear about goals to avoid misunderstandings.

Mostly C: Expressive/Adaptable Style — You enjoy creativity and flexibility.

Tip: Slow down and provide structure when needed.