

# COMMUNICATION STYLE ASSESSMENT



A Little Place Called home

# Communication Self-Assessment

## Part 1: Understanding Your Communication Style

1. How do you typically express yourself in conversations?

- (e.g., Are you direct, empathetic, analytical, etc.?)

2. How do you respond to conflicts or disagreements?

- (e.g., Do you avoid conflict, confront it directly, seek compromise, etc.?)

3. How do you prefer to receive information or feedback from others?

- (e.g., Do you prefer written communication, face-to-face discussions, specific details, etc.?)

## Part 2: Active Listening

1. How well do you think you listen when others are speaking?

- (Rate yourself on a scale from 1 to 5, with 1 being poor and 5 being excellent.)

2. Do you find it challenging to focus on the speaker without interrupting?

- (Yes/No)

3. How often do you ask clarifying questions to ensure you understand what others are saying?

- (Frequently, Occasionally, Rarely, Never)

## Part 3: Articulating Your Thoughts

1. How confident are you in articulating your ideas and opinions?

- (Rate yourself on a scale from 1 to 5, with 1 being not confident and 5 being very confident.)

2. Do you sometimes struggle to express your thoughts clearly?

- (Yes/No)

3. How do you handle situations where you need to communicate something challenging or sensitive?

- (e.g., Do you plan your message carefully, or do you find it difficult to address such topics?)

#### Part 4: Non-Verbal Communication

1. Are you aware of your non-verbal cues (body language, facial expressions, gestures) during conversations?
  - (Yes/No)
2. Do you believe your non-verbal cues match your intended messages?
  - (Yes/No)
3. Are there specific non-verbal habits you'd like to improve?
  - (e.g., maintaining eye contact, controlling nervous habits)

#### Part 5: Areas for Improvement

1. Based on this self-assessment, identify one aspect of your communication you'd like to improve:

This Communication Self-Assessment provides a structured format for you to reflect on their communication style, active listening skills, articulation of thoughts, and non-verbal communication cues.

It can be a valuable tool for self-awareness and personal growth in the realm of communication.

