

# Communication styles quiz

Name .....

In the first horizontal row of four squares, decide which group of three words seems most like you, and put a '4' in that square.

For the second group of words, in that same row, which seems like you, give a score of 3. The next group of words will score 2 and the group that seems least like you should be given a score of 1.

Next, score the squares on the second row in the same way: 4 for the group that's most like you, 1 for the group least like you and 2 and 3 for the ones in between.

Now add the numbers in each of the vertical columns and put the totals underneath each square.

<b>1</b>	Spontaneous Impulsive Impetuous  <b>Score:</b>	Stable Methodical Planner  <b>Score:</b>	Cooperative Idealistic Wants harmony  <b>Score:</b>	Rational Curious Complex  <b>Score:</b>
<b>2</b>	Adventurous Daring In a hurry  <b>Score:</b>	Traditional Responsible Dependable  <b>Score:</b>	Catalyst Compassionate Inspirational  <b>Score:</b>	Logical Analytical Loner  <b>Score:</b>
<b>3</b>	Loves excitement Explorer Unpredictable  <b>Score:</b>	Dutiful Teacher Industrious  <b>Score:</b>	Authentic Empathetic Motivator  <b>Score:</b>	Intellectual Inventive Problem solver  <b>Score:</b>
<b>4</b>	Energetic Expedient Jokester  <b>Score:</b>	Makes rules Orderly Prepares  <b>Score:</b>	Supportive Self-aware Caring  <b>Score:</b>	System-thinker Independent Perfectionist  <b>Score:</b>
<b>5</b>	Bold Witty Risk taker  <b>Score:</b>	Loyal Reliable Likes structure  <b>Score:</b>	Romantic Flexible Self-belief  <b>Score:</b>	Theoretical Ingenuous Individualist  <b>Score:</b>
<b>Totals</b>				

## Red – Challenge



I like being free to do things my own way.  
Life is a wonderful game – let's play.  
Where's the action (or the problem)? Let me have a go!  
Variety and excitement are fun and stimulating.  
Give me a challenge – I'll handle it NOW!  
I love the spotlight – watch me perform.  
Let's find a new and different way to do it.  
Rules that don't make sense can be broken.

- Reds tend to be more concerned about what's happening right now than in the future
- Adventurous hobbies, impulsive behaviour – if it isn't fun: forget it!
- Easily bored/restless
- Reds learn by doing, experiencing
- Naturally competitive – defeats are temporary
- Exciting, light-hearted and joyful, witty and charming

## Yellow – Reliability



I have a clear idea of what people should do.  
I want to belong.  
I handle details well and I'm a hard worker.  
I like to care for others; look out for them.  
I want to anticipate and prepare for the future.  
It's important to have rules, laws and controls.  
I appreciate awards and public recognition.  
I provide stability within an organisation.

- Yellows are loyal, dependable, punctual, trustworthy – and they believe everyone else should be too
- Structure and order are very important
- They establish and maintain institutions
- Yellows are very reliable – the backbone of a stable social system
- Any leadership or authority role must be earned
- Yellows learn best when they know that any learning has been tried and tested

## Blue – Harmony



Relationships are important to me.  
I want to have lots of friends – share and care.  
I like helping others become what they can be.  
Emotions are OK and I show mine easily.  
People are lots more important than things.  
I love to help friends solve their problems.  
My hunches work; I'm very intuitive.  
Empathy and sympathy are both easy for me.  
I thrive on recognition and acceptance.  
I'm really good at motivating people.

- Blues see the possibilities in others – and in themselves!
- Striving for authenticity, they want to become what they can be
- Uniqueness is important, yet they can shift identities to fit the situation
- Warmth and compassion flow easily and with sincerity
- Devoted friends, they love to talk, share and help
- Blues are imaginative, very creative and are sensitive to the thoughts and feelings of other people
- Blues learn best when they see learning as relevant and helpful to their situation

## Green – Curiosity



Searching, learning and understanding is fun.  
I love puzzles, problems and finding solutions.  
I like to work independently.  
Intelligence, justice and fairness are important.  
I want to be correct – to do things right.  
Once I've found the solution, others can take over and put it into action.  
My calm exterior may hide some inner turmoil.  
I love to create a brand-new idea.  
Being competent is absolutely essential.

- Greens want to know all there is to know about everything
- They like to analyse, problem study, invent, investigate and explore
- Nonconforming and independent, they tend to appear calm, cool and collected most of the time
- The worst situation for a Green would be to appear stupid
- They love abstractions and puzzles
- Greens learn best when they have space to think