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What's Your Communication Style?

1. If you feel attacked or criticized, do you criticize back?
2. Do you think you know what others are thinking?
3. Do you roll your eyes or make other physical gestures to demonstrate that you don't agree with something?
4. Do you compare yourself to others?
5. When someone shares a problem with you, do you immediately offer ways to solve it, or give advice?
6. Do you feel responsible for other people's feelings?
7. Do you say yes when you want to say no?
8. Do you take what others say personally?
9. Do you lie?
10. Do you exaggerate?
11. Do you gossip or talk badly about people behind their backs?
12. Do you talk down to people?
13. Do you pretend everything is fine when it's not?

14. Do you find yourself interrupting others when they're speaking?
15. Do you make fun of others?
16. Do you use words to exert your dominance or superiority over others?
17. Do you approach conversations with a sense of right or wrong?
18. Do you expect to get what you want by controlling situations?
19. When you're listening to others, does your mind wander?
20. Do you find it difficult to express your feelings and needs?

Add up your answers: Always = 1 point; Often = 2 points; Sometimes = 3 points;
Rarely = 4 points; Never = 5 points.

Always _____

Often _____

Sometimes _____

Rarely _____

Never _____

Total _____

Results

Score 79 and Up: Clear Communicator

You understand that clear communication requires empathy and understanding. You're aware of the give-and-take within a conversation and how to handle criticism without taking it personally. You believe that for there to be good communication you must be honest, use helpful language, and not gossip about others. You're aware of the value of your words, and at the same time you understand that everyone you talk to is an equal; they want the same as you: to be heard, seen, understood, and acknowledged.

Use the Four Rights of Speech and W.A.I.T. (Why Am I Talking) tools to refine and perfect your communication skills. This will nurture and support your communication style while helping others become better communicators as well.

Score 63 – 77: Partly Cloudy Communicator

While you're on the right path, there are still some blockages that probably get in your way, making it feel like you sometimes can take one step forward and two steps back. Your drive and passion are there to learn to overcome what's holding you back, but it's time to step up the practice. The more you turn paying attention to your speech into a habit, the more you will be able to express how you feel, ask for what you want, listen to others, and respond to situations instead of reacting to them.

You might benefit from the practice of releasing old stories of lack you've been telling yourself and instead see yourself with kind eyes. Many in this category also benefit from finding more ways to listen to others, learning how to consciously choose your words and express yourself with clarity.

Score 62 and Under: Cloudy Communicator

This is where Cynthia Kane started and why she developed this test and wrote her best-selling books on Intentional Communication. She was often closing off instead of sharing how she truly felt, reactive rather than responsive to the words of others, and passive-aggressive instead of assertive and clear. This does not in any way mean that you have these same characteristics or habits, and if you do see this in yourself, please do not be discouraged. It's a great place to start and applies to most of us who are in leadership positions. Cynthia would judge herself and others, comparing her insides to their outsides which always resulted in a tirade of negative self-talk. Again, while this was a hard place from which to start, it also meant she had the most to gain from changing her communication habits.

You have what it takes to learn how to communicate so that it feels good to you, so that you interact with others in a way that leaves you feeling satisfied and calm. You can learn how to articulate yourself, knowing you are capable of meeting your own needs.

Note: No matter where you fall in the above breakdown, one of the basic tenets of Right Speech and Intentional Communication teaches that you're exactly where you're supposed to be.

Practice every day:

***Tell the truth.
Don't exaggerate.
Don't gossip.
Use helpful language.***