

Student Name: _____

What's Your Style?

What's Your Communication Style?

Instructions: Read each scenario and choose the answer that best matches how you would respond. Be honest with your responses! There are no wrong answers.

1. Your friend interrupts you while you're talking. What do you do?

- a) Stay quiet and let them talk, even though it bothers you.
 - b) Say something sarcastic, like, "Oh, I guess my story doesn't matter."
 - c) Raise your voice and say, "Stop interrupting me! You're so rude!"
 - d) Later, tell them you have an important story to share and exaggerate details to make them feel bad for interrupting.
 - e) Wait until they're done, then calmly say, "I wasn't finished talking. Can I continue?"
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2. You're playing a game, and someone keeps changing the rules to win. What do you do?

- a) Let them do it, even if it's unfair.
 - b) Complain to someone else later about how annoying they are.
 - c) Yell, "You're cheating! This is why no one wants to play with you!"
 - d) Act like you don't care but secretly start bending the rules yourself to get back at them.
 - e) Say, "I feel like the rules keep changing. Can we agree on how to play so it's fair for everyone?"
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3. A classmate borrowed your favourite pen and hasn't returned it. What do you do?

- a) Say nothing and hope they give it back eventually.
 - b) Make a joke in front of them, like, "I guess I'll never see my pen again!"
 - c) Demand, "Give me my pen back right now!"
 - d) Tell them you need it back for a "special assignment" even though you don't, just to make them feel guilty.
 - e) Politely remind them, "Hey, I noticed you still have my pen. Could you give it back when you're done?"
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4. You don't understand part of your homework, but you're nervous to ask the teacher. What do you do?

- a) Decide not to ask, and hope you figure it out later.
- b) Complain to a friend about how hard the homework is but don't ask the teacher for

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help.

c) Say loudly in class, "This homework is impossible! Why do we even have to do this?"

d) Pretend to be struggling more than you actually are so someone else offers to do it for you.

e) Raise your hand and say, "I'm having trouble with this question. Could you explain it again, please?"

5. A group of friends wants to watch a movie you don't like. What do you do?

a) Say, "Sure, whatever," even though you don't want to watch it.

b) Grumble under your breath during the movie so they know you're unhappy.

c) Insist, "I hate that movie. We're watching something else."

d) Say you really want to see another movie because you heard it's "important for school" when it actually isn't.

e) Suggest, "I don't love that movie. Could we find one we all like?"

6. You're in a group project, and one person isn't doing their share of the work. What do you do?

a) Do their part yourself without saying anything.

b) Complain to others in the group about how lazy that person is.

c) Confront them angrily and say, "Why aren't you doing your part?"

d) Secretly tell the teacher that they're not helping but make it sound worse than it is.

e) Talk to them calmly and say, "We really need your help to get this done. Is there a reason why you haven't been doing your share of the work?"

7. A friend makes a joke about something you care about in front of others. What do you do?

a) Pretend it doesn't bother you even though it does.

b) Make a sarcastic comment to make them feel bad or embarrassed.

c) Yell at them, "Stop it, you're not even funny!"

d) Laugh it off, but later bring up something embarrassing about them to get even.

e) Tell them privately, "I didn't like that joke. Please don't tease me about that again."

8. Someone cuts in front of you in a long line. What do you do?

a) Say nothing and let them stay in front.

b) Whisper to the person behind you about how unfair it is.

c) Shout, "Hey, get to the back of the line!"

d) Pretend to trip and accidentally bump into them so they have to move.

e) Calmly say, "Excuse me, but I think I was ahead of you in line."

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Scoring Your Quiz

1. **Count Your Choices:** Add up how many times you chose each letter:

a	
b	
c	
d	
e	

2. **Identify Your Communication Style:**

- The letter you chose the **most frequently** reflects your primary communication style.
- If there's a tie between two or more styles, you may use different communication styles depending on the situation.

What Your Results Mean:

- **Mostly a (Passive):**
You tend to avoid conflict and prioritize others' needs over your own, but this may make it hard for you to express what you want.
Tip: Practice speaking up in small situations, like choosing a game or movie with friends.
- **Mostly b (Passive-aggressive):**
You might avoid direct confrontation but show frustration in indirect ways. This can confuse others about what you really want.
Tip: Try expressing how you feel directly but calmly.
- **Mostly c (Aggressive):**
You're confident about standing up for yourself, but you may sometimes do so in a way that hurts others.
Tip: Work on expressing your feelings respectfully and listening to others' perspectives.
- **Mostly d (Manipulative):**
You use indirect methods to get what you want, sometimes at others' expense. This can create distrust in relationships.
Tip: Try being more open and honest about your needs instead of relying on hidden strategies.
- **Mostly e (Assertive):**
You balance standing up for yourself with respecting others. You express your needs clearly and value healthy communication.
Tip: Keep practicing assertiveness, as it's a great communication skill to have!