

Communication Style Self Assessment

Check statements that seem, sound, or feel like you. Leave all others blank.

- ___ 1. On evenings when I don't have anything to do, I like to watch television. (a)
 ___ 2. On evenings when I don't have anything to do, I like to read. (b)
 ___ 3. I like to exercise. (c)
 ___ 4. I use visual images to remember names. (a)
 ___ 5. To remember a person's name, I repeat it to myself over and over again. (b)
 ___ 6. I enjoy playing sports more than watching them. (c)
 ___ 7. I review for a test by writing down a summary of important points. (a)
 ___ 8. I review for a test by reading my notes aloud or talking with other people. (b)
 ___ 9. When music is playing, I often tap my hands and feet. (c)
 ___ 10. I prefer written directions rather than verbal. (a)
 ___ 11. I prefer someone to tell me directions rather than writing them down. (b)
 ___ 12. I consider myself an outdoors person. (c)
 ___ 13. I write lists to myself of things to do. (a)
 ___ 14. I like talk shows and interview shows on radio and television. (b)
 ___ 15. I really enjoy getting a massage. (c)
 ___ 16. I follow recipes closely when I am cooking. (a)
 ___ 17. I use rhyming words to help me remember things. (b)
 ___ 18. I have a tendency to gain weight. (c)
 ___ 19. I can usually assemble items easily if I have written instructions. (a)
 ___ 20. I prefer to listen to the news on the radio rather than reading about it. (b)
 ___ 21. I sometimes buy clothes because I like the way the fabric feels. (c)
 ___ 22. When it comes to games, I prefer word games like Scrabble or Password. (a)
 ___ 23. I sing to myself a lot. (b)
 ___ 24. If I've had a bad day, my body gets tense. (c)
 ___ 25. I really enjoy people-watching. (a)
 ___ 26. I prefer listening to a story on audio tape rather than reading it in a book. (b)
 ___ 27. I frequently touch people when I am talking to them. (c)
 ___ 28. I like to go to art shows and museums. (a)
 ___ 29. I am a good listener. (b)
 ___ 30. I enjoy crafts, handwork, and/or building things. (c)
 ___ 31. I like to keep a diary or journal of what I have been doing. (a)
 ___ 32. I can tell a lot about a person from the sound of his/her voice. (b)
 ___ 33. When I was learning to type, I learned the touch system easily. (c)
 ___ 34. I often admire photographs or artwork in advertisements. (a)
 ___ 35. I buy quite a lot of pre-recorded tapes and CDs. (b)
 ___ 36. I can tell a lot about a person by his/her handshake. (c)
 ___ 37. I can usually find my way around a new city easily if I have a map. (a)
 ___ 38. I would rather give a talk than write a paper on the same topic. (b)
 ___ 39. I belong to a gym or health club. (c)
 ___ 40. I like to keep my office area neat looking. (a)
 ___ 41. People sometimes accuse me of talking too much. (b)

- ___ 42. I am a good dancer. (c)
- ___ 43. I think flowers brighten up a home or office. (a)
- ___ 44. When I am in a strange city, I often stop at a gas station for directions. (b)
- ___ 45. I have exercise equipment at home that I use regularly. (c)
- ___ 46. I like to go to movies often. (a)
- ___ 47. I talk to myself a lot. (b)
- ___ 48. I like to get up from my desk and stretch frequently. (c)

Total your responses below:

Total (a) responses _____ Total (b) responses _____ Total (c) responses _____

What's Your Style?

The highest number indicates your preferred or primary style of communicating.



Visual Communicators checked more statements followed by (a).



Auditory Communicators checked more statements followed by (b).



Kinesthetic Communicators checked more statements followed by (c).

Source: *Styles materials adapted from materials provided by Dr. Edward C. Pino.*