

Name _____

Communication Style Quiz: What's Your Style? Answer Key

Scoring Instructions:

For each **A**, give yourself **1 point**

For each **B**, give yourself **2 points**

For each **C**, give yourself **3 points**

Now add up your total score: _____

Results & Reflection: Scoring and interpretation are designed to help learners reflect, not label-encourage discussion and growth!

7–10 points:

● Your dominant style is: **Passive**

You may tend to avoid conflict and put others' needs before your own. It's okay to speak up—your thoughts and feelings matter.

11–13 points:

● Your dominant style is: **Aggressive**

You express yourself, but sometimes at the expense of others' feelings or boundaries. Learning how to express yourself respectfully is key.

14–21 points:

● Your dominant style is: **Assertive**

You express your thoughts and needs clearly, while respecting others. That's a strong and healthy communication style—keep practicing it!