



What is Your Communication Style?

Take this quiz below to discover your personal communication style. Use the results of this quiz to become more aware of your communication patterns.

Instructions: Put check marks next to the sentences below that best describe you when you are communicating with your friends and dating partners. When you've finished, add up the number of check marks in each section to see which communication styles you use most often with your friends and dating partners.

Passive communication

- ☐ I try not to "rock the boat," keeping quiet because I don't want to upset others.
- ☐ I worry that expressing myself will cause others to be angry with me or to not like me.
- ☐ I often go along with others' opinions because I don't want to be different.
- ☐ I often hear myself saying "I don't care" or "It doesn't matter to me" when I do care, and it actually does matter.

Total: _____

Aggressive communication

- ☐ I am concerned with getting my own way, regardless of how it affects others
- ☐ I often yell, swear, or use other aggressive means of communicating.
- ☐ I've heard others say that I have an "It's my way or the highway" attitude.
- ☐ I don't really care if others get what they need as long as my needs are met.
- ☐ My friends are often afraid of me.

Total: _____

Passive-Aggressive communication

- ☐ I have a tendency to be sarcastic in conversations with others.
- ☐ I tend to give people the silent treatment when I'm angry with them.
- ☐ I often find myself saying one thing but really thinking another.
- ☐ I'm generally reluctant to express my emotions in words, resorting instead to aggressive behaviors, like slamming doors.
- ☐ I try to get my message across in more subtle ways for fear that expressing myself will cause others to be angry with me or stop liking me.

Total: _____

Assertive communication

- ☐ I believe I have the right to express my opinions and emotions.
- ☐ In communication with others, I treat them with respect, while also respecting myself.
- ☐ When I'm having a disagreement with someone, I can express my opinions and emotions clearly and honestly.
- ☐ I listen closely to what other people are saying, sending the message that I'm trying to understand their perspective.
- ☐ I try to negotiate with the other person if we have different goals, rather than to focus only on getting my own needs met.

Total: _____

Source: Van Dijk, S. (2021). Don't let your emotions run your life for teens: dialectical behavior therapy skills for helping you manage mood swings, control angry outbursts, and get along with others. New Harbinger Publications.

Healthy Communication Resources



All About Communication

A brief guide to healthy communication.

<https://www.plannedparenthood.org/learn/teens/relationships/all-about-communication>



Assertive Communication

A comprehensive guide to assertive communication.

<https://kidshelpline.com.au/teens/issues/being-assertive-and-setting-boundaries>

Grounding

SIX WAYS TO PRACTICE GROUNDING
with anxiety + intense emotions

 <p>body</p> <p>lay on the ground, press your toes into the floor, squeeze playdough</p>	 <p>5 senses</p> <p>wear your favorite sweatshirt, use essential oils, make a cup of tea</p>	 <p>self-soothe</p> <p>take a shower or bath, find a grounding object, light a candle, feel something soft</p>
 <p>observe</p> <p>describe an object in detail: color, texture, shadow, light, shapes, size, weight</p>	 <p>breathe</p> <p>practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8</p>	 <p>distract</p> <p>find all the square or green objects in the room, count by 7s, say the date</p>

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Grounding is in some ways like meditation in that grounding exercises are designed to help you focus on the present moment. They are a bit different though as they are all designed to be very quick tools to help you calm yourself if you are feeling very strong emotions, like if you are having a heated disagreement with your partner. They are also helpful if you are someone who tends to disconnect from reality when you are feeling stressed or overwhelmed. Essentially grounding is a quick tool to get you back in the present moment.

Grounding Resources



Grounding Exercises

Descriptions of six different types of grounding exercises

Six Types of Grounding Exercises for Anxiety and Intense Emotions, Shared by Minneapolis Therapist – The Growlery (tothegrowlery.com)



Grounding Techniques

Handouts and audio recordings for multiple grounding exercises.

<https://www.therapistaid.com/therapy-article/grounding-techniques-article>