**Being the Leader Your Followers Need**

**Nov. 16, 2015 UAAD Workshop – Dr. Amber Messersmith**

**Communication Styles Assessment**

**(from J. Keyton, *Communicating in Groups*, 3rd ed.)**

**Thinking of how you *typically communicate* in settings where you are *working on a task*, answer each question using the following scale:**

**0=never 1=infrequently 2=sometimes 3=frequently 4=often**

1. I readily express admiration for others. \_\_\_\_\_

2. To be friendly, I verbally acknowledge others’ contributions. \_\_\_\_\_

3. My speech is free of nervous mannerisms. \_\_\_\_\_

4. I am a very relaxed communicator. \_\_\_\_\_

5. When I disagree with somebody, I am very quick to challenge them. \_\_\_\_\_

6. I can always repeat back to a person exactly what was said. \_\_\_\_\_

7. I am a very precise communicator. \_\_\_\_\_

8. The rhythm or flow of my speech is smooth and easy. \_\_\_\_\_

9. Under pressure I come across as a relaxed speaker. \_\_\_\_\_

10. My eyes reflect exactly what I am feeling when I communicate. \_\_\_\_\_

11. I dramatize a lot. \_\_\_\_\_

12. I deliberately react in such a way that people know that

 I am listening to them. \_\_\_\_\_

13. I don’t mind telling strangers information about myself. \_\_\_\_\_

14. I tell jokes, anecdotes, and stories when I communicate. \_\_\_\_\_

15. I tend to constantly gesture when I communicate. \_\_\_\_\_

16. I am an extremely open communicator. \_\_\_\_\_

17. In arguments or differences of opinion, I insist upon

 very precise definitions. \_\_\_\_\_

18. In most situations, I speak very frequently. \_\_\_\_\_

**0=never 1=infrequently 2=sometimes 3=frequently 4=often**

19. I like to be strictly accurate when I communicate. \_\_\_\_\_

20. I physically and vocally act out when I want to communicate. \_\_\_\_\_

21. I readily reveal personal things about myself. \_\_\_\_\_

22. I am dominant in conversations. \_\_\_\_\_

23. I am very argumentative. \_\_\_\_\_

24. Once I get wound up in a heated discussion I have a hard time

 stopping myself. \_\_\_\_\_

25. I am an extremely friendly communicator. \_\_\_\_\_

26. I really like to listen very carefully to people. \_\_\_\_\_

27. I insist that other people document or present some kind of proof

 for what they are arguing. \_\_\_\_\_

28. I try to take charge of things when I am with people. \_\_\_\_\_

29. It bothers me to drop an argument that is not resolved. \_\_\_\_\_

30. In most situations I tend to come on strong. \_\_\_\_\_

31. I am very expressive nonverbally. \_\_\_\_\_

32. Whenever I communicate, I tend to be very encouraging to people. \_\_\_\_\_

33. I use a lot of facial expressions when I communicate. \_\_\_\_\_

34. I verbally exaggerate to emphasize a point. \_\_\_\_\_

35. I am an extremely attentive communicator. \_\_\_\_\_

36. As a rule, I openly express my feelings and emotions. \_\_\_\_\_

Friendly \_\_\_\_\_\_\_\_ Animated \_\_\_\_\_\_\_\_

Relaxed \_\_\_\_\_\_\_\_ Dramatic \_\_\_\_\_\_\_\_

Contentious \_\_\_\_\_\_\_\_ Open \_\_\_\_\_\_\_\_

Attentive \_\_\_\_\_\_\_\_ Dominant \_\_\_\_\_\_\_\_

Precise \_\_\_\_\_\_\_\_