

Communication & Learning Styles Self-Assessment Questionnaire

On a scale of 1 to 4...

- 4 = Closest to describing you
- 3 = Next closest description
- 2 = Somewhat describes you
- 1 = Least descriptive of you

Sample Question:

I make important decisions based on:

- 4 = My gut feeling and comfort level
- 1 = How the idea sounds to me
- 3 = How it looks to me
- 2 = Precise review/study of the issues

1. I make important decisions based on:

- My gut feeling and comfort level
- How the idea sounds to me
- How it looks to me
- Precise review/study of the issues

2. During a disagreement, I am most likely to be influenced by:

- The volume and tone of the other person's voice
- Whether or not I can see the other person's voice of view
- The logic and rationale of the other person's opinion
- Whether or not the other person is sensitive to my feelings

3. When communicating with others, what's important to me is:

- The way I dress and look
- Sharing my feelings and experiences
- Knowing that the meaning of my words is understood
- Being heard and listened to

4. When someone is asking me an important question, I tend to:

- Listen carefully, then ask questions to ensure I understand
- Prefer time to think it over and to choose my words carefully
- Appreciate being given time to search inside for the answer
- Answer quickly, describing it in pictures

5. I would consider myself:

- Attuned to the sounds of my surroundings
- Able to easily make sense of new facts and data
- Sensitive and flexible in my relationships
- Creative and able to handle tremendous amounts of information quickly

6. People really know me best when they:

- Can relate to what I'm feeling
- Can see my perspective
- Listen carefully to what I have to say and how it is said
- Are interested in the meaning of what I am communicating

7. When working on a project with others, I am more likely to:

- Want to improve the process with my ideas
- Want to be part of the vision and planning process
- Want to sequence the event and put things in order
- Want to help build good, solid relationships

8. When describing things to me:

- Showing it to me brings clarity
- I can remember well just by listening
- Writing it down helps me to integrate it
- Presenting the facts in a logical way makes sense

9. In times of stress, I am most challenged with:

- Trusting people, situations, or concepts
- Being diplomatic, being too blunt and to the point
- Separating *my* feelings from what other people are feeling
- Being flexible and changing the timing of plans

10. I find it easy and natural to:

- Receive inner inspirations
- Tell where new ideas fit in
- Follow the direction of tried-and-true methods
- Organize and plan events

Your Self-Assessment Summary Worksheet

1.	Sample Question												
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%; text-align: center;">4</td> <td style="width: 10%; text-align: center;">A</td> <td style="width: 80%;">My gut feeling and comfort level</td> </tr> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">V</td> <td>How the idea sounds to me</td> </tr> <tr> <td style="text-align: center;">3</td> <td style="text-align: center;">D</td> <td>How it looks to me</td> </tr> <tr> <td style="text-align: center;">2</td> <td style="text-align: center;">K</td> <td>Precise review/study of the issues</td> </tr> </table>	4	A	My gut feeling and comfort level	1	V	How the idea sounds to me	3	D	How it looks to me	2	K	Precise review/study of the issues	
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1	V	How the idea sounds to me											
3	D	How it looks to me											
2	K	Precise review/study of the issues											

1.	2.	3.	4.	5.
_____ K	_____ K	_____ V	_____ A	_____ A
_____ A	_____ A	_____ K	_____ D	_____ D
_____ V	_____ V	_____ D	_____ K	_____ K
_____ D	_____ D	_____ A	_____ V	_____ V

6.	7.	8.	9.	10.
_____ K	_____ A	_____ V	_____ D	_____ D
_____ V	_____ V	_____ A	_____ A	_____ A
_____ A	_____ D	_____ K	_____ K	_____ K
_____ D	_____ K	_____ D	_____ V	_____ V

Your Communication Processing Style Score Sheet

Going from left to right, copy the numbers for each question from the Summary Worksheet into the box **under** the corresponding letter on the score sheet below. See the sample for how to do this.

Question	V	A	K	D	Total
Sample	3	1	4	2	10
1					10
2					10
3					10
4					10
5					10
6					10
7					10
8					10
9					10
10					10
Total					100

My Communication Processing Order is:

_____ (V) _____ (A) _____ (K) _____ (D)

Example:

35 (V) 29 (A) 21 (K) 15 (D)

↑
[Highest]

↑
[Lowest]

Understanding Your Score Results

Your **Highest Score** represents your dominant or preferred style of communicating with others and interpreting incoming information.

Your **Lowest Score** represents your weakest or least preferred style of communicating with others and interpreting incoming information.

A **Tied Score** indicates you have a high preference for two or more communication styles. As you learn more about each communication style, you will discover which of them you tend to favor or use most often.

Even a 1-point difference in scores is enough to determine your dominant or preferred style.