

## Carers' Self Advocacy Toolkit

# How do you communicate?



# How do you communicate?

Consider these statements using the scoring below to discover more about what type of communicator you are and how you come across to others.

0 – you never behave like this

1 – you sometimes behave like this

2 – you usually behave like this

3 – you always behave like this

1. I like excitement, action and developing ideas
2. I am single-minded, ambitious and persevering
3. I am friendly, sensitive and understanding
4. I am good at studying and enjoy solving problems
5. I am easily bored by facts and figures
6. I like taking new initiatives, organising people and getting things done
7. I try to reduce conflict between people as much as possible
8. I enjoy researching and collecting information
9. I am an extrovert and get bored easily

10. I am concerned with productivity and bottom-line results
11. I find it difficult to say no when someone else asks for help
12. I like gathering facts and opinions and am cautious before reaching decisions
13. I am sociable, dynamic and able to think on my feet
14. I enjoy being in control and I can be stubborn, impatient and tough
15. I find it difficult to express my feelings freely
16. I am concerned with rules and formality, I am time conscious and disciplined
17. I have plenty of ideas and enjoy sharing them with others
18. I have strong views and am

sometimes unwilling to change them

19. I enjoy security and like to feel that I belong

20. I care about the quality of what I do – I dot the 'i's and cross the 't's.

Now put the score you have given each question against each question number over the page. Finally, add up the four columns to get your scores.

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
A	B	C	D

It's likely that you lean towards more than one communicator type and you will probably have elements of all four. Usually one or two types come through quite strongly.

**As**

These people have lots of ideas and are creative and extrovert – they like being in the company of others. They are fun-loving and get bored easily. 'A's are generally popular and are naturally good at getting themselves heard. 'A's sometimes have to focus on listening to others to make sure that they are communicating as well as they think they are!

**Bs**

These people are dynamic, efficient and are driven by results. 'B's like to be in charge and can come across at times as demanding and bullish. 'B's are very good at getting their point across, but

sometimes rather too good and they can be seen as bossy or overbearing at times.

**Cs**

'C's are sensitive and caring and tend to be well tuned in to how others may be feeling. 'C's are naturally sharing and supportive. Because of these great qualities, 'C's are sometimes not the best at speaking up for themselves because they're too busy looking after everybody else and tend to put their own needs on the back-burner.

**Ds**

'D's are analytical and like collecting information before they come to any important decisions. 'D's are very thorough and make sound decisions if they have all the time they need to look at all the options. 'D's can be seen at times as being as too cautious and formal by others.

### **Bibliography**

- Circles Network, Discover your communication style, Rugby, Circles Network, 2012 p1-2 adapted from;
- Risner N It's a zoo around here! The new rules for better communication 2<sup>nd</sup> Edition London Limitless Publications 2003.