

Exploring Communication Styles

Below are 12 items related to communication styles. As a couple, review each item and select how much you agree or disagree that these statements reflect your own communication style.

Agree Somewhat Agree Disagree

Agree Somewhat Agree Disagree

About being expressive...

1. I'm very talkative.

2. I often dominate the conversation.

About being precise...

3. I am thoughtful about the words I use.

4. I can convey my message with few words.

About verbal aggression...

5. I often snap at others when I'm upset.

6. I expect people to obey my requests/demands.

About questioning...

7. I like to talk about the deeper aspects of life.

8. I like to inquire about the context of somebody's opinion.

About being emotional...

9. When I see others cry, I become tearful.

10. When I'm upset, I sometimes find it hard to effectively express myself.

About being impression focused...

11. I use my charm to get what I want.

12. I leave out information if it makes me look better.

Next, discuss the ratings you both provided for each item and consider the following:

- What did you notice about each of your communication styles? Are there similarities? Differences?
- How would you describe each other's communication styles?
- Does the context impact your communication style? For example, would your responses change depending on whether you are at work, at home with family, or out with friends?
- Some PSP families find that PSP work impacts communication timing, topics, and styles. How do you think PSP work impacts your communication as a couple?