

Communication Style Assessment

Understand How You Communicate and Build Healthier, Clearer Connections



Understanding Communication Styles

We all communicate differently depending on our experiences, comfort, and relationships.

Common styles:

- **Passive** – avoids conflict, may not express needs
- **Aggressive** – expresses needs forcefully, may ignore others' feelings
- **Passive-Aggressive** – indirect, unclear communication
- **Assertive** – clear, respectful, balanced communication

Self-Assessment

Read each statement and check what feels true for you:

Passive

- I avoid saying what I really feel
- I struggle to say no
- I worry about upsetting others

Aggressive

- I get frustrated easily when not heard
- I interrupt or talk over others
- I feel the need to “win” conversations

Passive-Aggressive

- I hint instead of saying things directly
- I feel resentful but don't express it clearly
- I use sarcasm or withdraw

Assertive

- I express my needs clearly
- I respect others while speaking honestly

- I feel comfortable setting boundaries
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Your Primary Style

- Which style do you relate to most?
 - Do you notice different styles in different situations?
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Boundaries & Communication

When it comes to boundaries, I:

- Avoid setting them
- Set them but feel guilty
- Struggle to stay consistent
- Communicate them clearly

One boundary I want to express more clearly:

Attachment Awareness

Your communication style can be shaped by how you connect with others.

I tend to:

- Avoid conflict or stay quiet (avoidant patterns)
- Seek reassurance or fear rejection (anxious patterns)
- Feel balanced and secure
- Feel unsure or mixed

What I notice about my patterns:

Practice Assertive Communication

Try this structure:

“I feel _____ when _____.”

I need / would like _____.”

Example (small text for Canva):

“I feel overwhelmed when plans change suddenly. I’d like more notice.”

Growth Plan

- One communication habit I want to improve:
 - One small step I can practice:
 - What will support me:
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Reflection

- What did I learn about my communication style?
 - How does this affect my relationships?
 - What does healthier communication look like for me?
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Notes

Gentle Reminder

Communication is a skill you can learn. You don’t have to be perfect—small, honest steps can create stronger and safer connections.

“Clear communication builds safe relationships.”

