

NOTES for Understanding Your Communication Style

Learning From One Another

Use the space below to take notes as you listen to the other style groups' suggestions for how best to adapt to their style.

	Ways to Adapt
D	
I	
S	
C	

ACTION PLAN - How Can You Adapt?

- Determine the style of a person with whom you have difficulty communicating.
- What does this person do that frustrates you or creates communication difficulties?
- Are there style-related differences that would promote this response?
- What can you do to adapt to this person's communication style and attempt to improve the relationship?

Summary Reflection

In my current role, my style works well for me in the following ways:

I need to be aware of style differences in the following situations:

In those situations, things I can do to be more effective include: