

Reflect on where you fall on each continuum discussed (emotional restraint/expressiveness, indirectness/directness, patterns of communication pacing, etc.).

Utilizing this handout, reflect on the following:

• How would you describe your preferred communication style? How does it change in different group settings?

• What are the strengths of your style (what people appreciate about your style)?

• What can be challenging to you and others about your style?

• Identify what you wish others knew/understood about your style and how you'd like them to engage with it.

