



Driver style



Expressive style



Analytical style



Amiable style

# Assessing your Social Interaction Style

# Assessing your Social Interaction Style

## Assessing your Social Interaction Style

As with any form of emotional intelligence, self-awareness or self-development, the more we understand what is going on in our minds, the better we can recognise it and choose a different reaction. If you know that you have a particular Social Style, then you can recognise how this is influencing your behaviour and how this will impact upon the way that you interact with other people.

The following questionnaire will enable you to reflect on how you think you behave and will give an indication of your social interaction style.

This is not a researched or validated questionnaire but will give you some indication to help you to identify your Social Interaction Style.

On the following pages are series of words for you to assess your Assertiveness Rating and your Emotional Control Rating.

In between each pair of words there is a small scale A to D and a drop down menu. Choose the letter (A to D) that is most like you in the workplace.

When you have worked through both lists, score yourself to determine your Social Interaction Style by following the instructions provided.

There are no right and wrong responses so be as honest as you can!

# Assessing your Social Interaction Style

## Assertiveness Ratings

I consider myself to be:

Talkative				Quiet
A	B	C	D	
Quick to decide				Slow to decide
A	B	C	D	
Takes charge				Goes along
A	B	C	D	
Challenging				Supportive
A	B	C	D	
Dominant				Compliant
A	B	C	D	
Decisive				Deliberate
A	B	C	D	
Makes statements				Asks questions
A	B	C	D	
Competitive				Cooperative
A	B	C	D	
Takes risks				Avoids risks
A	B	C	D	
Fast-paced				Slow-paced
A	B	C	D	
Carefree				Cautious
A	B	C	D	
Firm				Tolerant
A	B	C	D	
Assertive				Passive
A	B	C	D	
Matter-of fact				Relaxed
A	B	C	D	
Outgoing				Reserved
A	B	C	D	

# Assessing your Social Interaction Style

## Emotional Control Ratings

I consider myself to be:

Closed				Open
A	B	C	D	
Deliberate				Impulsive
A	B	C	D	
Prefers facts				Prefers opinions
A	B	C	D	
Formal				Informal
A	B	C	D	
Hard to get to know				Easy to get to know
A	B	C	D	
Cool				Warm
A	B	C	D	
Calm				Excitable
A	B	C	D	
Straight-faced				Animated
A	B	C	D	
Task-focused				People-focused
A	B	C	D	
Cautious				Spontaneous
A	B	C	D	
Non-responsive				Responsive
A	B	C	D	
Serious				Humorous
A	B	C	D	
Methodical				Unplanned
A	B	C	D	
Compelling				Agreeable
A	B	C	D	
Unemotional				Emotional
A	B	C	D	

# Assessing your Social Interaction Style

## Scoring

Here is your Average Score for the Assertiveness Ratings.

Put your Average Score for the Assertiveness Rating in the table below.

Your Average Score	Average Score	Assertiveness Rating
	1.00 to 1.49	A
	1.50 to 2.49	B
	2.50 to 3.49	C
	3.50 to 4.00	D

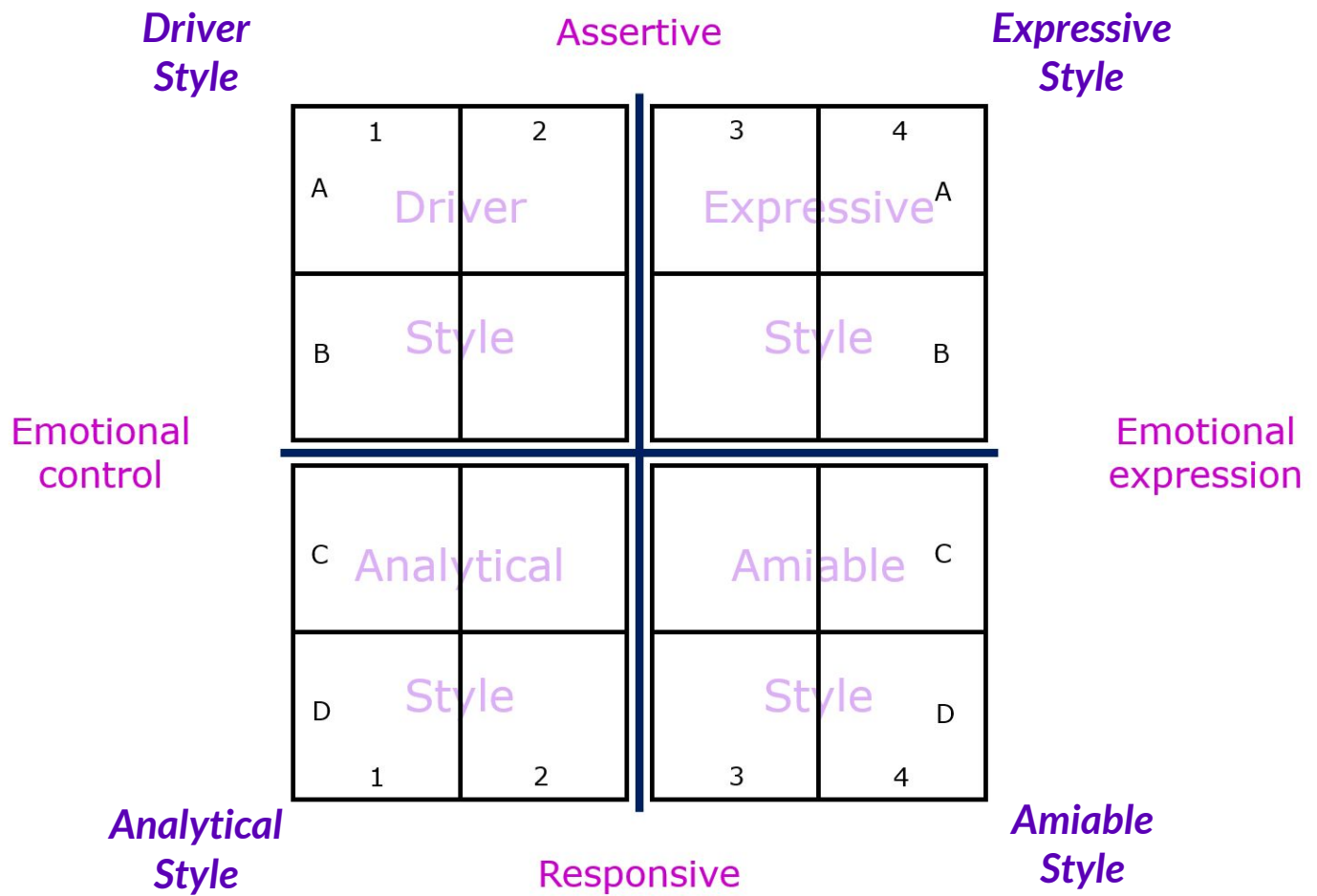
Here is your Average Score for The Emotional Control Ratings

Put your Average Score for the Emotional Control Rating in the table below.

Your Average Score	Average Score	Emotional Control Rating
	1.00 to 1.49	1
	1.50 to 2.49	2
	2.50 to 3.49	3
	3.50 to 4.00	4


Plot these results on the following chart using the letter that you identified for your Assertiveness Rating and the number you have identified for your Emotional Control Rating.

# Assessing your Social Interaction Style



# Assessing your Social Interaction Style



 : +44 (0) 161 244 8884

 : [info@ei4change.com](mailto:info@ei4change.com)

 : [ei4change.com](http://ei4change.com)