COMMUNICATION QUIZ

Communication Harmony – the 3 powerful secret words to eliminate the drama and conflict from every conversation.

This quiz is a fast and easy way to ensure you know what you need to know. If you find anything that surprises you, that is OK, just read the book section or chapter that can clarify and redirect you.

To have good, healthy communication and relationships with anyone and everyone, understanding your and their communication style is vital.

Please answer the questions below by selecting either "yes" or "no" and see how you're doing. Then check your score with the scale below. Please be honest with yourself as no one knows the score, only you.

Remember, it isn't so much about what you think but how others perceive you therefore, make sure you answer from that perspective. The important thing is to answer honestly, even if we don't like the answer you have to give. If the answer is sometimes you may do something, then it is no, if not every time.

The whole idea of this quiz is the recognise those areas of communication and conversation that may be able to improve. Most of us have some areas. The Book provides all the tools, words and techniques to help you achieve the perfect score.

No.	Question	Yes	No
1	When my partner speaks to me, I always make time to listen and ask questions to ensure I fully understand	☐	☐
2	When friends, colleagues or family speak to me, I always make time to listen, being curious to fully understand	☐	☐
3	When someone says something to me that's harsh, accusing or confronting, I never become angry	☐	☐
4	I never raise my voice at others, even if someone is yelling at me	☐	☐
5	I never respond with harsh words to the other person, even if they have personally verbally attacked me	☐	☐
6	I listen and ask questions before ever giving anyone my opinion or advice	☐	☐
7	I always talk about things in a friendly way, without ever criticising, judging or being argumentative	☐	☐
8	When my partner or I arrives home, I stop, greet him / her, ask about their day and listen	☐	☐
9	If my partner says something that hurts my feelings, I never react and get angry	☐	☐
10	I always wait for the other person to finish speaking before I speak (includes partner, children, friends, coworkers)	☐	☐
11	I am curious about how other people think and the reason why, I ask questions to better understand them	☐	☐
12	I listen to my partner and other's perspective, even if our personal opinion differs, I'm interested in their opinion	☐	☐
13	I get on well with others, including my partner's family and friends.	☐	☐
14	I respect my partners opinion and always consider their words of advice – even if I may not always follow it	☐	☐
15	I enjoy listening to another's opinion (even differing from mine). I am curious the reason they think as they do	☐	☐
16	At work I can follow direction and discuss calmly if something, I feel, is not right	☐	☐
17	A good communicator is someone who listens and asks for clarification, I believe I'm a good communicator	☐	☐
18	I have a good relationship with my parents, siblings and friends	☐	☐
19	I am respected at work by colleagues and get along with all my colleagues	☐	☐
20	I enjoy the feeling of calm and manage to feel this most every day, I don't get stressed	☐	☐
21	I never raise my voice at anyone, ever	☐	☐

No.	Question	Yes	No
22	I never react. I stop, wonder the reason they have said or done something, before calmly responding	☐	☐
23	I never use harsh words directed at anyone, even if they have directed some at me or I'm angry	☐	☐
24	My conversations are always calm, kind and respectful, with everyone	☐	☐
25	I naturally look at both sides in any conversation or opinion	☐	☐

ASSESSMENT RESULT SCALE

1-10: What are you doing? It is time to learn better ways to listen and communicate respectfully. You are hurting others and creating conflict. READ the BOOK please

11-21: There are matters needing some adjustment otherwise issues will continue to escalate and be hurtful to you and others. You seriously need to read the book – again if need be.

18 – 22: You are doing reasonably well and with a little communication fine tuning from the book, to remove all drama and conflict, life can be really great.

23 – 25: Wow, you are going fantastic. Listening, asking questions and communicating effectively, well done 🙂

Communication Harmony *is your Guide to Conflict-Free Communicating. Within these pages are easy-to-implement practices to direct conversations to rewarding results—without all the drama. It's your guide to productive—not explosive—communicating. This book can change your life, your relationships and most certainly add to your power in any discussion. The power words presented guide solutions and connection in all communications. The book provides strategies where logic and respect belong, instead of anger, frustration, insults and drama.*

The direction of many of our conversations can be changed quickly when you know how. Once you learn to lead the conversation, others will follow, ensuring your discussion is productive, rather than explosive. These skills can be used anywhere, with anyone. They calm the conversation and put the focus on the solution instead of the problem.