

# Style Under Stress QUESTIONNAIRE

Name: \_\_\_\_\_

(adapted from "Crucial Conversations" 2002)

## Directions

How do you typically respond when you are in the middle of an emotional, high-stakes conversation? Pick a specific relationship, perhaps with a family member or close friend, and think how you typically approach emotional conversations in that relationship. Be honest with yourself!

Statements	True/False	
1. At times I avoid situations that might bring me into contact with people I'm having problems with.	T	F
2. Sometimes when people bring up a touchy or awkward issue, I try to change the subject.	T	F
3. Rather than tell people exactly what I think, sometimes I rely on jokes, sarcasm, or snide remarks to let them know I'm frustrated.	T	F
4. In order to get my point across, I sometimes exaggerate my side of the argument.	T	F
5. When others make points that seem stupid to me, I sometimes let them know it without holding back at all.	T	F
6. Sometimes when things get heated, I move from arguing against others' points to saying things that might hurt them personally.	T	F
7. I have put off returning phone calls or texts because I simply didn't want to deal with the person who sent them.	T	F
8. When it comes to dealing with awkward or stressful subjects, sometimes I hold back rather than give my full and candid opinion.	T	F
9. When I've got something tough to bring up, sometimes I offer weak or insincere compliments to soften the blow.	T	F
10. If I seem to be losing control of a conversation, I might cut people off or change the subject in order to bring it back to where I think it should be.	T	F
11. When I'm stunned by a comment, sometimes I say things that others might take as forceful or attacking – comments such as "Give me a break!" or "That's ridiculous!"	T	F
12. If I get into a heated discussion, I've been known to be tough on the other person. In fact, the person might feel a bit insulted or hurt.	T	F