

I speak clearly and confidently

I can disagree respectfully

I keep to the point

I am honest

I deal with situations in good time

I keep the focus on my needs not others' failings

I know what I want from the conversation
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I am polite yet firm

I express myself through shouting

I blame others for issues

I let my emotions dominate

I don't let other people talk

I am sarcastic

I intimidate others with my facial expressions
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I don't listen to the other person

I find it hard to say no
I want to please others
I don't speak up for what I want
I am easily intimidated
I find it hard to make decisions
I bottle up my negative emotions
I hate conflict