

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

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

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