

Behaviour Style Quick Quiz

This quiz has been designed to help you identify your preferred or dominant behaviour style.

1. Underline one word in each horizontal line that most describes how you operate under stress:

Enthusiastic	Patient	Bold	Careful
Talkative	Steady	Impatient	Analytical
Expressive	Passive	Assertive	Formal
Impulsive	Agreeable	Decisive	Exacting
Flexible	Structured	Risk-Taker	Precise
Convincing	Sincere	Competitive	Conservative
Interactor	Team Player	Driven	Likes Data
Positive	Harmonious	Confident	Reserved
Emotional	Tolerant	Demanding	Private
Trusting	Objective	Intense	Focused
Charming	Lenient	Direct	Accurate
Inspirational	Counsellor	High Ego	Logical
Motivating	Status Quo	Autocratic	Organized
Independent	Sensitive	Forceful	Likes Rules
Total: ____	Total: ____	Total: ____	Total: ____

2. Now tally up the columns and label them as follows:

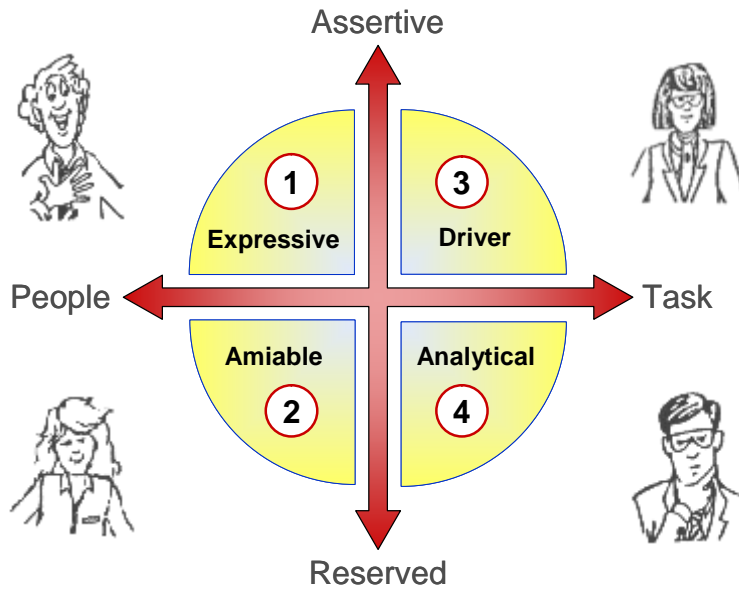
First column: **Expressive**
 Second column: **Amiable**
 Third column: **Driver**
 Fourth column: **Analytical**

3. The Column with the most words underlined describes your dominant Behaviour Style (especially when you are under stress).

On the following page, you will find an explanation of the attributes and characteristics of the different behaviour styles. This can be useful in understanding how we like to be treated, but more importantly, recognising our strengths and weaknesses with regards to how we deal with others.

Please note that we may exhibit different behaviour styles in different situations. For example, someone who is Analytical at work may be Amiable at home.

Behaviour Styles



<p>Expressive</p> <ul style="list-style-type: none"> • Flamboyant & relationship-oriented • Engaging, persuasive, enthusiastic • Can be disorganised and irrational • Likes recognition and approval • Dislikes isolation or rejection • Needs to know that you understand • Asks "WHO?" questions 	<p>Driver</p> <ul style="list-style-type: none"> • Extroverted and task-oriented • Direct, forceful and decisive • Can be stubborn and insensitive • Likes power, control, and respect • Dislikes disrespect and poor results • Needs to know what you will do • Asks "WHAT?" questions
<p>Amiable</p> <ul style="list-style-type: none"> • Co-operative and team-oriented • Devoted, dependable, agreeable • Can be indecisive and passive • Likes stability and cooperation • Dislikes confrontation and chaos • Needs reassurance that you can fix it • Asks "WHY?" questions 	<p>Analytical</p> <ul style="list-style-type: none"> • Reserved and task-oriented • Systematic, thorough and logical • Can be withdrawn, quiet, reclusive • Likes accuracy and precision • Dislikes being wrong or criticised • Needs facts without emotion • Asks "HOW?" questions