



Skills, styles and situations questionnaire

In this activity you will think about the everyday communication skills listed below. Mark a cross (X) on the line to indicate how satisfied you feel about your skills in that area.

Skill	Satisfaction Rating
Listening to what other people say to me	Dissatisfied-----Satisfied
Asking questions to keep the conversation going	Dissatisfied-----Satisfied
Having something to say in conversation	Dissatisfied-----Satisfied
Allowing opportunities for other people to talk	Dissatisfied-----Satisfied
Allowing for natural pauses in conversation	Dissatisfied-----Satisfied
Smiling and looking friendly when I meet people	Dissatisfied-----Satisfied
Kicking off a conversation with others	Dissatisfied-----Satisfied
Ending a conversation with a positive comment	Dissatisfied-----Satisfied
Having good manners in social situations	Dissatisfied-----Satisfied
Sorting out misunderstandings	Dissatisfied-----Satisfied
Creating a social routine for myself	Dissatisfied-----Satisfied
Having interests and hobbies to share	Dissatisfied-----Satisfied
Starting small talk to build new relationships	Dissatisfied-----Satisfied
Other:	Dissatisfied-----Satisfied
Other:	Dissatisfied-----Satisfied