

Communication Styles

Name

Institution

Date

Understanding one's communication style remains to be a fundamental aspect that helps people in relating to everyday related situations. A result from the informal survey by Alessandra and O'Connor (1996). showed that I am predominantly a supporter/relater which technically stands to be true from my daily actions point of view. On the other hand, the results from the survey have provided a deep insight regarding my communication style and has further made it easier to understand myself. From the survey's report it is well evident that as a supporter/relater, one will undoubtedly be a harmonizer and further values acceptance and stability in circumstances. This can directly be linked to the fact that I allow people to use my time which is a vital trait of being a relater. Furthermore, the survey provided me with the knowledge that I find it easy and natural to discuss and share my feelings with others which is consequently a vital character of being a supporter.

From a different standpoint, there are other communication styles realized from the survey that ideally need a form of change. For instance, being a good listener makes me timid about voicing out contrary opinions and further makes me concerned for others feelings (Alessandra and O'Connor, 1996). Moreover, various studies project giving out contrary opinions to be a very fundamental aspect during a conversation as it maintains a good communication flow. From this perspective, I will have to improve on my ability to give a contrary opinion during a conversation. Such a change can ideally be achieved through adopting phrases within a conversation that makes sure one is heard (Gallo, 2015). An example of such phrase include; "Here's what I think is right..."

Or “I perceive this is right because...” Adopting such phrases will undoubtedly help in voicing out contrary ideas during a conversation and further reduce my concern about other people’s feelings.

References

1. Gallo, A. (2015). How to Make Sure You're Heard in a Difficult Conversation. Retrieved from <https://hbr.org/2015/11/how-to-make-sure-youre-heard-in-a-difficult-conversation>
2. Alessandra, T. and O'Connor M. J. (1996). Survey Taken from The Platinum Rule. New York, Warner Brooks 1996.