

Communication Component Inventory

Excerpted from *Do You Know What I Mean? Discovering Your Personal Communication Style*

Interpersonal

- _____ It's important for me to get my thoughts and feelings out in the open.
- _____ I need to think out loud and discuss the same issue with several people.
- _____ I enjoy re-visiting conversations with the same person.
- _____ I prefer working with others on projects and goals.
- _____ Others seek me out for counsel or advice.
- _____ When I have a problem, talking things out is necessary and effective.
- _____ I am good at drawing ideas together when working with others.
- _____ I need a lot of feedback from others.
- _____ I am intrigued by emotional dynamics in interpersonal relationships.

Intrapersonal

- _____ I prefer to think things through before engaging in meaningful discussion.
- _____ I need a lot of time to reflect and/or meditate.
- _____ Learning about myself is central to my understanding of others.
- _____ I have a clear understanding of my strengths and weaknesses.
- _____ Explaining my inner process often seems irrelevant.
- _____ To achieve clarity, I first need to be aware of my feelings, intentions, motivations, and goals.
- _____ I plan thoughtfully and set goals for myself.
- _____ My inner world naturally connects me to a universal perspective.
- _____ I have a good sense of self-direction and think independently.

Linguistic

- _____ I like to use words.
- _____ I pay careful attention to the meaning of words.
- _____ I often refer to something I've read when talking to others.
- _____ Writing letters, stories, essays, etc., is an effective form of communication for me.
- _____ I enjoy puns, plays on words, or other word games.
- _____ I generally prefer reading a well written story to seeing it dramatized.
- _____ I hear words in my head before speaking or writing them.
- _____ I enjoy analyzing the use of language.
- _____ I like explaining, teaching, or persuading others.

Logical

- _____ I reason things through step-by-step when thinking and talking.
- _____ I am intrigued by analyzing and problem solving.
- _____ I prefer to follow a train of thought through to its logical conclusion without interruption.
- _____ I like to find rational explanations for almost everything.
- _____ I can think structurally in a way that cannot easily be translated into words.
- _____ I can understand something if I can accurately quantify it.
- _____ My understanding is often obscured by other people's feelings.
- _____ I tend to look for patterns, relationships, and connections in understanding.
- _____ I like to set up "what if . . ." experiments and play devil's advocate.

Visual-Spatial

- _____ I easily perceive clear visual images when talking or listening.
- _____ Meaning is never fixed—it moves and evolves over time.
- _____ I remember things pictorially or symbolically.
- _____ Color communicates a lot to me.
- _____ I can see things from different angles when I hear a description.
- _____ I can easily conceptualize the relationship between objects.
- _____ Expressing in words the complexity of the visual images and relationships I perceive is difficult.
- _____ I may seem spacey to others when I'm trying to explain something.
- _____ I often use metaphor to explain something to others.

Kinesthetic

- _____ Knowing registers as sensation in my body.
- _____ Demonstrations really help me understand and express myself.
- _____ I often fiddle with something or gesture while talking and listening.
- _____ My sensory experience is very strong.
- _____ I connect to others by demonstrating my feelings.
- _____ Words alone are risky for me in communication.
- _____ I need to physically experience things to understand them.
- _____ I sense other's feelings and easily absorb their energy.
- _____ Physical movement helps me process information.

Auditory

- _____ I really notice tone of voice when someone is speaking.
- _____ When I'm alone, I often hum, sing, or whistle.
- _____ I can tell how someone feels by the sound of their voice.
- _____ Music helps me think things through.
- _____ I am acutely aware of everyday sounds, like the clink of a glass or the whoosh of a closing door.
- _____ Familiar sounds, songs, jingles, etc. often stimulate my memory.
- _____ Speaking out loud to myself helps bring greater clarity.
- _____ I quietly repeat words and numbers to help me remember.
- _____ I have a strong internal sense of rhythm.