

INSTRUCTIONS: Consider your current behavior and attitudes and indicate whether each of the statements is "Mostly True" or "Mostly False," even if the most accurate answer would depend somewhat on the situation. Asking another person who is familiar with your communication behavior to help you answer the questions may improve the accuracy of your answers.

Mostly True	Mostly False	
☐	☐	1. When I begin to speak in a group, most people stop talking, turn toward me, and listen.
☐	☐	2. I receive compliments on the quality of my writing, including my e-mail messages and social media postings.
☐	☐	3. The reaction to the outgoing message on my voice mail has been favorable.
☐	☐	4. I welcome the opportunity to speak in front of a group.
☐	☐	5. I have published something, including a letter to the editor, an article for the school newspaper, or a comment in a company newsletter.
☐	☐	6. I have my own website, and have received at least two compliments about its effectiveness.
☐	☐	7. The vast majority of my written projects in school have received a grade of B or A.
☐	☐	8. People generally laugh when I tell a joke or make what I think is a witty comment.
☐	☐	9. I stay informed by reading newspapers, watching news on television, or reading news websites.
☐	☐	10. I have heard such terms as enthusiastic, animated, colorful, or dynamic applied to me.
☐	☐	11. The text messages I send look a little better in terms of spelling and grammar than most of the text messages I receive.