

# Creating lasting Relationships worksheet

## How to use this activity:

In each of the basic behavioural styles, based on the DISC model, circle any of the words that “feels” right. Be spontaneous and don't overthink the process. This activity should take no longer than one minute.

To score, add up the number of words you circled and write it in the space provided. The highest number will reflect your preferred style, the second-highest will be your backup style. Notice which part of the quadrant that has the least amount circled, this will be your least preferred style.

Conscientious	Dominant
Problem-solver Organised Factual Orderly Consistent Persistent Accurate Precise Perfectionist Enjoys instructions Sensitive Logical Cautious Impersonal Scheduled Detailed Conscientious Inquisitive <b>Number circled</b> _____	Goal driven Takes charge Independent Seeks Power Action orientated Persistent Competitive Judges quickly Purposeful Industrious Serious Controlling Bold Self reliant Excitable Productive Strong willed Firm <b>Number circled</b> _____
Steadiness	Influencer
Enjoys popularity Loyal Sympathetic Adaptable Calm Sociable Sensitive Tolerant Nurturing Patient Cooperative Good listener Personal Enjoys routines Respectful Relational Non-demanding Thoughtful <b>Number circled</b> _____	Enthusiastic Inspirational Fun-loving Spontaneous Intuitive Likes variety Initiator Enjoys Change Creative Innovator Optimistic Ambitious Takes risks Friendly Mixes Easily Group Orientated Promotes Energetic <b>Number circled</b> _____

Your Predominant style: \_\_\_\_\_

Backup style: \_\_\_\_\_

Least preferred style: \_\_\_\_\_