

Communication Intention Style Self-Assessment

A gentle tool for understanding your communication patterns

This assessment helps identify your primary intention style — not to label them, but to illuminate patterns and open pathways for growth.

For each statement, rate how true it feels on a scale of 1–5:

1 = Not at all true 5 = Very true

The Protector

- ____ I become defensive when I feel misunderstood.
- ____ I raise my voice or sharpen my tone when I feel threatened.
- ____ I try to stay in control of the conversation.
- ____ I struggle to show vulnerability in conflict.
- ____ I react quickly when I feel emotionally unsafe.

Protector Score: ____

The Pleaser

- ____ I avoid saying no even when I'm overwhelmed.
- ____ I soften my needs to keep others comfortable.
- ____ I feel anxious when someone is disappointed in me.
- ____ I often apologize even when I've done nothing wrong.
- ____ I prioritize harmony over honesty.

Pleaser Score: ____

The Performer

- ___ I try to stay upbeat even when I'm struggling.
- ___ I hide my true feelings to avoid burdening others.
- ___ I feel pressure to "hold it together" for everyone.
- ___ I worry about being seen as too emotional.
- ___ I shift into "presentation mode" when conversations get tense.

Performer Score: ___

The Prover

- ___ I explain myself in great detail to avoid being misunderstood.
- ___ I feel the need to justify my decisions.
- ___ I get stuck in the facts instead of the feelings.
- ___ I talk more when I feel anxious.
- ___ I feel uncomfortable when conversations lack clarity or logic.

Prover Score: ___

The Peacemaker

- ___ I shut down or withdraw when conflict arises.
- ___ I avoid hard conversations to keep the peace.
- ___ I struggle to express my needs directly.
- ___ I feel overwhelmed by emotional intensity.
- ___ I stay quiet to prevent tension, even when something matters to me.

Peacemaker Score: ___



The Planner

- ____ I try to organize or fix the conversation.
- ____ I feel anxious when things feel unpredictable.
- ____ I take responsibility for everyone's emotional state.
- ____ I struggle to let go of control.
- ____ I mentally rehearse conversations before they happen.

Planner Score: ____



The Processor

- ____ I turn inward and need time before responding.
- ____ I replay conversations in my mind to understand what happened.
- ____ I freeze or go quiet when emotions rise quickly.
- ____ I communicate more clearly after I've had space to think.
- ____ I feel pressured when asked to respond immediately.

Processor Score: ____



Interpreting Your Results

Your highest score is your **primary intention style**.

Your second-highest score is your **secondary style** — the one that shows up under stress.

This assessment is not about judgment.

It's about awareness — the first step toward intentional communication.

After completing the assessment, total the score for each intention style.

Each style will fall into one of these ranges:

5–10: Dormant Pattern

This style is present in you, but it doesn't lead your communication. It may show up occasionally, usually in mild stress or specific environments.

11–15: Active Pattern

This style influences your communication regularly. You'll notice it in everyday interactions and especially when you're tired, overwhelmed, or emotionally stretched.

16–20: Dominant Pattern

This style is your primary communication instinct. It shapes your tone, reactions, boundaries, and emotional habits. It's not "good" or "bad" — it's simply your starting point.

21–25: Intensified Pattern

This style is deeply ingrained and likely developed from early experiences, family patterns, or long-term coping strategies. It may feel automatic or hard to interrupt — but it is absolutely workable with awareness and intention.

THE PROTECTOR

When safety becomes silence or defensiveness

5–10: Dormant Protector

You rarely become defensive and generally feel safe expressing yourself.

11–15: Active Protector

You protect yourself when conversations feel tense or unclear.

16–20: Dominant Protector

You often guard your emotions and may react quickly when you feel misunderstood.

21–25: Intensified Protector

You learned early to defend yourself. Your instinct is to shield, withdraw, or control the tone of the room.



THE PLEASER

How over-accommodation erodes authenticity

5–10: Dormant Pleaser

You can say no comfortably and rarely overextend.

11–15: Active Pleaser

You want harmony and sometimes soften your needs to maintain it.

16–20: Dominant Pleaser

You often prioritize others' comfort over your own truth.

21–25: Intensified Pleaser

You learned to earn safety through compliance. Disappointing others feels emotionally risky.



THE PERFORMER

When communication becomes a stage instead of a bridge

5–10: Dormant Performer

You feel comfortable being authentic without managing others' perceptions.

11–15: Active Performer

You bring positivity but sometimes hide your true feelings.

16–20: Dominant Performer

You often mask your emotions to avoid burdening others.

21–25: Intensified Performer

You learned to survive by being “on.” Vulnerability feels unsafe or unfamiliar.



THE PROVER

The need to be right and how it blocks connection

5–10: Dormant Prover

You rarely feel the need to explain or justify yourself.

11–15: Active Prover

You value clarity and sometimes over-explain to avoid misunderstanding.

16–20: Dominant Prover

You often rely on logic, details, or facts to feel secure in communication.

21–25: Intensified Prover

You learned that being right meant being safe. Emotional conversations feel uncertain or uncomfortable.



THE PEACEMAKER

Avoiding conflict at the cost of clarity

5–10: Dormant Peacemaker

You can handle conflict without shutting down.

11–15: Active Peacemaker

You prefer calm and may avoid tension when you're tired.

16–20: Dominant Peacemaker

You often withdraw, shut down, or stay quiet to keep the peace.

21–25: Intensified Peacemaker

You learned that conflict was unsafe. Silence became your shield.



THE PLANNER

Controlling outcomes instead of engaging in presence

5 –10: Dormant Planner

You can flow with conversations without needing control.

11–15: Active Planner

You like structure and clarity and sometimes take charge to reduce uncertainty.

16–20: Dominant Planner

You often manage the emotional or logistical direction of conversations.

21–25: Intensified Planner

You learned to stay safe by anticipating everything. Unpredictability feels threatening.



THE PROCESSOR

Turning inward before responding

5–10: Dormant Processor

You communicate easily in the moment and rarely freeze.

11–15: Active Processor

You need a little time to think before responding clearly.

16–20: Dominant Processor

You often go inward, replay conversations, or need space to articulate your thoughts.

21–25: Intensified Processor

You learned to internalize emotions. Speaking in the moment feels overwhelming or unsafe.