

Interpersonal Quiz

“How do you relate to others?”

Here's a **self-discovery quiz** to help you identify how you relate to others. Learning more about your communication style and emotional reactions and how these are expressed could help you improve any difficulties in your interpersonal relationships. This quiz is for gentle self-exploration and is not meant to be used as a diagnostic tool.

Instructions: For each statement in each category, choose the answer that best describes how often you experience it:

- **A = Never**
 - **B = Rarely**
 - **C = Sometimes**
 - **D = Often**
 - **E = Almost Always**
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Section 1: Communication Style

1. I speak up clearly when I have something to say.
 2. I tend to hold back my opinions to avoid conflict.
 3. I often feel like I'm not being heard in conversations.
 4. I sometimes interrupt or dominate discussions without meaning to.
 5. I try to understand others' points of view, even if I disagree.
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Section 2: Boundaries & Assertiveness

6. I find it easy to say “no” when I need to.
 7. I often put others' needs before my own, even when it hurts me.
 8. I feel guilty when I assert my limits or ask for space.
 9. I worry people will get upset if I disagree with them.
 10. I can express what I want or need in a respectful way.
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Section 3: Conflict & Emotional Expression

11. I avoid conflict as much as possible.
 12. I tend to become defensive or shut down when criticized.
 13. I can stay calm and listen during disagreements.
 14. I express anger or frustration in ways I regret later.
 15. I try to resolve problems directly and honestly.
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Section 4: Connection & Dependence

16. I often worry about being rejected or abandoned.
 17. I feel uncomfortable depending on others.
 18. I get anxious when I don't hear back from someone quickly.
 19. I prefer close, stable relationships and invest deeply in them.
 20. I feel most comfortable when I have independence and emotional space.
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Section 5: Trust & Vulnerability

21. I find it hard to trust people, even when they seem trustworthy.
 22. I worry that being vulnerable will make me look weak.
 23. I enjoy deep conversations and emotional intimacy.
 24. I tend to keep people at a distance emotionally.
 25. I feel safe opening up to those I'm close with.
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Interpersonal Style Types (Based on Your Patterns):

Count how many **D** or **E** answers you selected in each section, then compare below:

Dominant Section	Possible Interpersonal Style	Description
Section 1	Direct vs. Passive vs. Dominant Communicator	Explores how you speak and listen.
Section 2	Assertive vs. People-Pleasing	Reflects boundary-setting and emotional independence.
Section 3	Conflict-Avoidant vs. Constructive	Shows how you handle tension and disagreements.
Section 4	Secure vs. Anxious vs. Avoidant Attachment	Highlights your closeness-comfort level.
Section 5	Guarded vs. Openly Vulnerable	Reveals how you approach trust and emotional sharing.

Examples of Interpersonal Growth Goals:

- “Practice saying no without guilt.”
- “Learn to stay grounded during conflict.”
- “Let myself be seen without fearing rejection.”
- “Improve how I express my needs and boundaries.”
- “Build more secure, trusting relationships.”