

quiz:

what's your communication style?

you have a disagreement with a friend. You...

- A** Give them a piece of your mind!
- B** Try to resolve it so you are both happy
- C** Listen to them but don't really get a say

your sibling keeps crossing one of your personal boundaries. You...

- A** Get angry and have a go at them
- B** Be polite but firm about your boundaries
- C** Don't say anything in order to 'keep the peace'

you aren't getting your way about something important. You...

- A** Tell them how it needs to be (give orders)
- B** Be specific about your needs
- C** Give in because it's easier

a friend is angry at you for something you didn't do. You...

- A** Bring up all the things in the past they've done wrong
- B** Wait until they cool down then organise to have a talk
- C** Blame yourself

results

Mostly **A** – Aggressive

Mostly **B** – Assertive

Mostly **C** – Avoidant

aggressive



You don't always 'fight fair', which can sometimes damage relationships with others. Try staying calm, listening with empathy and looking for win-win solutions to problems.

assertive



You communicate in a way that respects other people, but also allows you to stand up for yourself. This is a great way to strengthen relationships!

avoidant



You struggle to communicate your needs sometimes and might find yourself giving in and 'people-pleasing' to keep the peace. Try using 'I' statements and focusing on the behaviour (not the person) being the problem. E.g. "I feel upset when my texts are ignored. Can we talk about it?"



anytime. any reason.
[kidshelpline.com.au](https://www.kidshelpline.com.au)




how do I know if anxiety is a problem for me?





**anxiety is less likely
to be a problem if it's:**

- Temporary or **comes and goes**
 - **Manageable** most of the time
 - In response to **something stressful**
 - Doesn't **interfere** with your usual everyday life
- 
- 



**you might need
professional support
with anxiety if it:**

- **Seems to last** a long time/longer than usual
 - Feels **very intense** or overwhelming
 - Causes you **distress**
 - Is **hard to cope** with
 - **Interferes** with your everyday life
- 
- 

24/7
for 5-25
yr olds

anytime. any reason.
[kidshelpline.com.au](https://www.kidshelpline.com.au)

Learn
more

