

Communication is often at the core of healthy relationships. Whether it be communicating your **wants** and **expectations** in a relationship, or **setting boundaries**, **communication** will often promote many factors that are considered signs of healthy relationships.

To help us know how to communicate most effectively to our peers and loved ones, this activity consists of a personality test that indicates a person's natural dispositions and communication style. The goal of this exercise is to allow individuals to find out how they and their peers like to be communicated to, in hopes that they would communicate to said person in that way in the future.

On the Five Minute Personality Test chart, rank which descriptions fit you best, with 4 being the strongest and 1 being the weakest. Tally up the points at the bottom of the worksheet, and the animal that has the most points is the animal that represents you the most. Please try not to look at what animal is at the bottom of the page before finishing the worksheet, as we want the results to be unbiased as possible. When you're done, flip the sheet over for the descriptions of the animals. What did you learn about your preferred communication style?

Five Minute Personality Test
LION – BEAVER – OTTER – GOLDEN RETRIEVER

Choose the item in each line that is most like you and put a 4. Then pick the item that is next most like you and put a 3. Then 2 and then 1 which is least like you. Do this across the page for each list of descriptors.

1. ___ Likes authority ___ Enthusiastic ___ Sensitive Feelings ___ Likes Instruction
2. ___ Takes Charge ___ Takes Risks ___ Loyal ___ Accurate
3. ___ Determined ___ Visionary ___ Calm ___ Consistent
4. ___ Enterprising ___ Verbal ___ Enjoys Routine ___ Predictable
5. ___ Competitive ___ Promoter ___ Dislikes Change ___ Practical
6. ___ Problem Solver ___ Enjoys Popularity ___ Gives in To Others ___ Factual
7. ___ Productive ___ Fun-loving ___ Avoids Confrontations ___ Responsible
8. ___ Bold ___ Likes Variety ___ Sensitive ___ Prefers Perfection
9. ___ Decision Maker ___ Spontaneous ___ Nurturing ___ Detail Oriented
10. ___ Persistent ___ Inspirational ___ Peace Maker ___ Analytical

Total: _____ _____ _____ _____



- **Lion-** This personality likes to lead. The lion is good at making decisions and is very goal-oriented. They enjoy challenges, difficult assignments, and opportunity for advancement. Because lions are thinking of the goal, they can step on people to reach it. Lions can be very [aggressive](#) and competitive. Lions must learn not to be too bossy or to take charge in other's affairs.
Strength: Goal-oriented, strong, direct
Weakness: Argumentative, too dictatorial
Limitation: Doesn't understand that directness can hurt others, hard time expressing grace



Lion

Takes charge
Determined
Assertive
Firm
Enterprising
Competitive
Enjoys challenges
Bold
Purposeful
Decision maker
Leader
Goal-driven
Self-reliant
Adventurous
"Let's do it now!"



Otter

Takes risks
Visionary
Motivator
Energetic
Very verbal
Promoter
Avoids details
Fun-loving
Likes variety
Enjoys change
Creative
Group-oriented
Mixes easily
Optimistic
"Trust me! It'll work out!"



Golden Retriever

Loyal
Non-demanding
Even keel
Avoids conflict
Enjoys routine
Dislikes change
Deep relationships
Adaptable
Sympathetic
Thoughtful
Nurturing
Patient
Tolerant
Good listener
"Let's keep things the way they are."



Beaver

Deliberate
Controlled
Reserved
Predictable
Practical
Orderly
Factual
Discerning
Detailed
Analytical
Inquisitive
Precise
Persistent
Scheduled
"How was it done in the past?"

- **Otter-** Otters are very social creature. Otter personalities love people. They enjoys being popular and influencing and motivating others. Otter can sometimes be hurt when people do not like them. Otter personalities usually have lots of friends, but not deep relationships. They love to goof-off. (They are notorious for messy rooms.) Otters like to hurry and finish jobs. (Jobs are not often done well.) The otter personality is like Tigger in Winnie The Pooh.
Strength: People person, open, positive
Weakness: Talks too much, too permissive
Limitation: Remembering past commitments, follow through with discipline
- **Golden Retriever-** Good at making friends. Very loyal. Retriever personalities do not like big changes. They look for security. Can be very sensitive. Very caring. Has deep relationships, but usually only a couple of close friends. Wants to be loved by everyone. Looks for appreciation. Works best in a limited situation with a steady work pattern.
Strength: Accommodating, calm, affirming
Weakness: Indecisive, indifferent, unable to express emotional, too soft on other people
Limitation: Seeing the need to be more [assertive](#), holding others [accountable](#)
- **Beaver-** [Organized](#). Beavers think that there is a right way to do everything and they want to do it exact that way. Beaver personalities are very creative. They desire to solve everything. Desire to take their time and do it right. Beavers do not like sudden changes. They need reassurance.
Strength: High standards, order, respect
Weakness: Unrealistic expectations of self & others, too perfect.
Limitation: Seeing the optimistic side of things, expressing flexibility

COMMUNICATION STYLES ASSOCIATED WITH ANIMALS

LION

- Direct, concise, and blunt communication
- Tends to be a one way communicator
- Usually the initiator

GOLDEN RETRIEVER

- Delivery is important
- Intimate communication preferred
- Sensitive to louder and more abrasive delivery

OTTER

- Go with the flow communication
- Likes light-hearted talk

BEAVER

- Like very detail-oriented messages
- Love constructive speech
- Purposeful and direct delivery