

ORBIT quiz: Which Animal Are You?

The next section will help you to work out which animal style you are strongest at and which is not typically in your nature. This will allow you to see those areas where you are naturally strong and highlight where you may need to develop and expand your skills.

Instructions:

1. Think of how you behave in a single particular environment; at work, with your children, with your in-laws, with your partner - just pick one of these environments. It may be helpful to choose the area you seem to struggle most with currently.
2. Using the chart, give yourself a score from 0-3 for each description, where 0 is not at all like me and 3 is always like me.
3. Try to go with your gut reaction, don't overthink it.
4. Once you have scored all the categories, tally up the scores across each row.
5. Transfer these scores to the Good and Bad Animal charts.
6. Then if you would like a visual representation you can plot your scores on the circles provided and connect the dots (See the example of plots at the end of the quiz.)
7. You can also grab a different colour pen and complete this for someone close to you or for the person you are having the most trouble managing your relationship with at the moment.
8. Of course, you can do more than one of these if you pick a different environment (i.e. fill in one version to represent how you interact with, for example, your partner and another for how you interact, for example, with your boss). The more you fill in the more you will see to what extent you are the same (or different) in different contexts.

Communication Style Profile- find your animal type

Using the chart, give yourself a score from 1-3 for each description.

Never like me at all	Occasionally like me	Often like me	Always like me	
0	1	2	3	Total:

1.	Advise others about the best way to do things	L	Like to be in charge	L	Set out a clear plan and expectations for others	L	
2.	Don't let things go easily	Lb	Expect people to do what I say	Lb	Pull people up on small mistakes to make a point	Lb	
3.	Not judgemental of others	LM	Supportive and encouraging	LM	Find it easy to start conversations	LM	
4.	Use a motherly/ fatherly approach	LMB	Talk down to other people	LMB	Fill a silence if it feels awkward or someone is uncomfortable	LMB	
5.	Often smile and chat to others	M	Enjoy the company of other people	M	Warm and kind-natured	M	
6.	Compliment people to get on their good side	Mb	Self-disclose early in relationships	Mb	Want to be liked by everyone	Mb	
7.	Treat others with respect	Mm	Naturally trusting of others	Mm	Often compliment or commend others for doing well	Mm	
8.	Feel uncertain or unsure in new situations	Mmb	Hesitate if not sure of something	Mmb	Apologise even if you haven't done anything wrong	Mmb	

Never like me at all	Occasionally like me	Often like me	Always like me	
0	1	2	3	Total:
9.	Apologise if you are in the wrong		Seek help and support from others	Not boastful even when you've done well
10.	Switch off if I feel awkward /uncomfortable		Avoid conflict whenever possible	Stay quiet in social situations/ try to fade into the background
11.	Patient and tolerant of others		Thoughtful and reflective	Keep emotions contained
12.	Feel irritated by other people		Naturally distrustful of others	Resent it when others do well
13.	Clear and concise		Direct and to the point	Can give critical feedback without offending
14.	Like to verbally spar with others		Use sarcasm in arguments	Think others should pay for their mistakes
15.	Confident		Certain about your own views and opinions	Assertive when challenging someone
16.	Like to have the last word in arguments		Enjoy a good argument with someone	Judge other people's behaviour if it fails your own standards

Add your scores for the three questions in each row- you can have a minimum of 0 or a maximum score of 9 for each row. Now transfer your scores for each row to the following chart:

Good Circle- when you are communicating well you are likely to be a:

Row 1	Lion		Row 9	Mouse	
Row 3	Lion/Monkey		Row 11	Mouse/T-rex	
Row 5	Monkey		Row 13	T-rex	
Row 7	Monkey/Mouse		Row 15	T-rex/Lion	

Bad Circle- when you are communicating badly you are likely to be a:

Row 2	Lion		Row 10	Mouse	
Row 4	Lion/Monkey		Row 12	Mouse/T-rex	
Row 6	Monkey		Row 14	T-rex	
Row 8	Monkey/Mouse		Row 16	T-rex/Lion	

Now plot your scores around the circles starting with Lion and ending at T-rex/Lion. Connect the dots. Pay attention to spikes or troughs on each circle. 6

