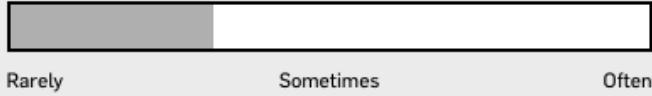


## Assignment 3.1: What's Your Style Under Stress?

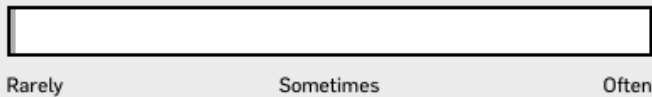
### *How often do you move towards silence?*



#### Silence Score Breakdown

- Masking: 1
- Avoiding: 0
- Withdrawing: 1

### *How often do you move towards verbal violence?*



#### Verbal Violence Score Breakdown

- Controlling: 0
- Labeling: 0
- Attacking: 0

### *Dialogue Skills Score*

Now look at how well you use the [Crucial Conversations](#) skills. If you scored one or two, you're doing alright in this area—at least in the scenario you had in mind when answering the questions. If you scored zero, you should pay special attention to the corresponding chapter in the book—or [attend a course](#).

Choose Your Topic (Chapter 3): 1

Start with Heart (Chapter 4): 1

Master My Stories (Chapter 5): 2

Learn To Look (Chapter 6): 2

Make It Safe (Chapter 7): 1

STATE My Path (Chapter 8): 1

Explore Others' Paths (Chapter 9): 0

Retake Your Pen (Chapter 10): 2

Move to Action (Chapter 11): 2

#### **How often do you move toward silence?**

I land between rarely and sometimes in terms of how often I move toward silence.

#### **Which tactic are you using most often? Masking, avoiding, or withdrawing?**

I use Masking and Withdrawing as my primary tactics when moving toward silence.

#### **How often do you move toward verbal violence?**

I rarely move toward verbal violence.

**Which tactic are you using most often? Controlling, labeling, or attacking?**

According to the test result, I do not control, label, or attack when engaging in crucial conversations.

**As you continue to develop as a communicator and resultantly a leader, what have you learned about crucial conversations that you will apply?**

I had previously read this book while studying leadership independently, and I realized that I did not know how to effectively communicate with my team. Before becoming a teacher, I was a director of a mathematics learning center with an absentee owner, meaning I was responsible for all operations. I accepted this role when I was 24, and I ran this learning center until I was 32. Needless to say, I grew professionally during that time.

Reading through this module's content, I was pleasantly reminded of the AMPP acronym. There have been a couple of moments during this school year where I withdrew instead of making an effort to listen. Granted, I was not necessarily in a leadership mindset, but I still could have practiced this skill, and it was a lost opportunity to be a connector within the team.

There are a few crucial conversations I can foresee happening soon, within the next few school years. For example, the department will design a course for AP Pre-Calculus that will involve the perspectives and philosophies of many teachers. Naturally, this may result in emotionally charged conversations where cooler heads must prevail. I am expected to be a part of this group, and I intend to practice AMPP as a strategy to drive the conversation productively. I am also expected to participate in a minor re-design of our Integrated Mathematics 3 course, and the same type of crucial conversation may occur.

Due to this learning, I should be able to play a valuable role in keeping the team moving productively rather than allowing resentment and other toxic emotions to manifest.