Understanding Others Worksheet

A close-up of a card

Description automatically generated with low confidence

Understanding others using DISC is a helpful way of identifying preferences and responding effectively. Instead of boxing people into DISC profiles, consider using this guide as a way of increasing your appreciation for the style strengths and support needs another person has.

1. Identify a person you want to learn to appreciate more:

2. Consider how this person shows up:

Active (D, I ) or thoughtful and reserved (S,C)?

Questioning (C, D) or accepting? (I, S)?

* Productive and outgoing (D)?
* Outgoing and friendly (I)?
* Supportive and detailed and consistent (S)?
* Precise and skeptical?
* 3. Your best DISC style guess:
* DISC style strengths:
* DISC style challenges:
* Ways you can support this person to improve collaboration: