

# My Communication Style and Preferences

**Name:**

**Bio:**

[A brief bio including your role in this group, your life, passions, and potentially overlapping interests, a photo]

**1. I describe my communication style in the following 10 words:**

[10 words that describe your flavor of communicating]

**2. Others have offered me the following feedback about my communication style:**

[brief list of variety of feedback received]

**3. When we are not sharing space, please contact me by:**

- [contact mode – ex: email] (preferred timing for this mode)
- [other contact mode – ex: text] (preferred timing for this mode)
- [times you are NOT to be contacted – ex: date day] (exemptions from this prohibition)

**4. I receive feedback best in the format of:**

- Praise – [description of ideal circumstances]
- Critique – [description of ideal circumstances]

**5. I prefer to give feedback in the format of:**

- [description of ideal circumstances]

**6. Information that will help us communicate:**

- [any triggers, family of origin stories, or other flags to avoid or know about for successful communication]
- [best times of day for me to be fully present]
- [any safewords, other communication phrases or tools, or general tips for talking with me]

**7. I appreciate support around these hidden disabilities/intersectional oppressions:**

- [hidden disabilities that inform how I exist in this community]
- [intersectional oppressions that inform how I exist in this community]

SPECIAL NOTE for businesses and other legal entities – if folks are disclosing Protected Categories of Identity here, this brings up Privacy concerns, legally speaking. So be careful how you use this section – it is intended as an Anti-Oppressive mechanism, and should not violate a member's privacy nonvoluntarily.

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