

Conscious Communication

The 6 Most Common Communication Styles. Which one are you?

1. **Timid Tamas** – quiet, invalidating, non-confrontational, negative.
2. **Rajas Rambler** – center stage, convincing, oblivious, repetitive.
3. **Royal Rajas** – leader, competitive, know-it-all, blaming.
4. **Rambunctious Rajas** – inquisitive, advice-giver, inspirational.
5. **Subdued Sattva** – easy-going, people-pleaser, peace-keeper.
6. **Sattva Sage** – assertive, comforting, non-critical, understanding, calming effect.

