

DISC BEHAVIOR DESCRIPTIONS



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Note: Condensed cheat sheet; use with this in mind. Prepared for Mini-DISC Workshop 2026

Name _____



My primary DISC style is: _____ (D, I, S, or C)

It shows up _____.
(When?/How?)

When I am: _____, I revert to _____.
(Emotion or state of mind) (D, I, S, or C)

I need to be aware of _____
(type of behavior)

when I am interacting with _____ style.
(D, I, S, or C)

I connect best/least with _____ style.
(D, I, S, or C)