

Ask Yourself

1. *What was the best conversation I have had recently? (Describe this conversation.)*
2. *Are most of my daily verbal exchanges conversations or communications? (List six people with whom you talked today. Identify each exchange as conversation or communication.)*
3. *When was the last time I told a member of my family I loved him or her? Did I do or say something that was meant to communicate "I love you" without actually saying those words? (Describe this experience.)*
4. *In my experience, what is the difference between rapping about an important topic and communing deeply with another person? (Describe the difference.)*
5. *If another person agrees with me and tells me what I want to hear, do I tend to feel that the person understands me?*
6. *In talking with someone of my own sex about a recent date, what kinds of opinions and information do I share?*
7. *Have I ever had a talk with my mother or father in which I felt I understood her or him as never before?*
8. *With people I know, do I share only the things about myself that are acceptable in society, and hold back things people "just don't talk about"? What are some of the things about myself that I do not tell most people?*
9. *Do I share one part of me with one person and another part of me with another person? Is there anybody who knows the whole me?*
10. *In which of my relationships am I the most self-revealing? In other words, who knows me best?*