

one day's responses

Names: _____

Description of
our communication:

laughed together _____

I mostly listened _____

shared an idea _____

argued with _____

shared silence _____

I griped _____

shared a problem _____

worried with _____

just chatted _____

strictly business _____

avoided communicating _____

mostly gossiped _____

withheld my feelings _____

criticized him (or her) _____

clowned around _____

DIRECTIONS:

Fill in the names of the
persons you communicated with yesterday.
Check the phrases which describe
your communication with each
individual you've listed.

