

COMMUNICATION

BELIEFS

- DO YOU BELIEVE THAT THE LANGUAGE WE USE REVEALS WHAT KIND OF PERSON WE ARE?
- DO YOU BELIEVE THAT SHARING DEEPLY WITH ANOTHER PERSON IS VERY RISKY?
- DO YOU BELIEVE THAT FEELINGS ARE THE ESSENCE OF COMMUNICATION?
- DO YOU BELIEVE THAT "IT'S NOT WHAT YOU SAY, BUT WHAT THEY HEAR THAT COUNTS"?

EXPERIENCES

- IF YOU WERE TO DROP DEAD RIGHT NOW, WHO WOULD YOU REGRET NOT HAVING COMMUNICATED WITH? WHAT KEEPS YOU FROM COMMUNICATING WITH THEM NOW?
- REGARDING OPENING YOURSELF UP TO OTHERS- DO YOU TEND TO REVEAL MUCH OF YOURSELF OR HOLD BACK?
- ARE YOU WILLING TO RISK REJECTION BY CONTINUING TO INCREASE AND DEEPEN COMMUNICATION?
- DO YOU FIND IT DIFFICULT TO REVEAL YOURSELF IN COMMUNICATION WITH OTHERS?

- DO YOU FIND IT EASY OR DIFFICULT TO TALK AND BE FRIENDLY?
- DO YOU FEEL YOU ALWAYS HAVE PLENTY OF THINGS TO TALK ABOUT?
- IN YOUR COMMUNICATION DO YOU TEND TO MAKE OR CHECK OUT ASSUMPTIONS?
- HOW MUCH DO YOU EXPECT THAT PEOPLE WHO KNOW YOU SHOULD KNOW HOW YOU'LL FEEL IN CERTAIN SITUATIONS WITHOUT YOU HAVING TO EXPLAIN?
- WHAT IS SOMETHING YOU LIKE TO TALK ABOUT?
- ARE SOME PEOPLE AFRAID TO BE OPEN AND SHARE WITH YOU?
- DO YOU HAVE OTHER THINGS BESIDES THE WEATHER TO TALK TO STRANGERS ABOUT? WHAT?
- HOW DO YOU HANDLE CONVERSATIONS YOU DON'T CARE MUCH ABOUT?
- HOW IMPORTANT DO YOU FEEL COMMUNICATION IS?
- WHAT KINDS OF THINGS DO YOU ENJOY TALKING WITH PEOPLE ABOUT?
- ARE THERE THINGS THAT ARE TOO PERSONAL FOR YOU TO DISCUSS WITH OTHERS? WHAT AREAS OF LIFE ARE THEY?
- WHAT IS SOMETHING THAT YOU REALLY LIKE TO TALK ABOUT?
- WHAT IS SOMETHING YOU ARE GLAD YOU TOLD SOMEONE?
- WHAT IS SOMETHING YOU ARE SORRY YOU TOLD SOMEONE?
- DO YOU ENJOY BRINGING OTHERS INTO THE CONVERSATION?
- WHAT IS ONE THING YOU FIND IT UNPLEASANT TO TALK ABOUT?
- HOW DO YOU FEEL ABOUT GOSSIP? DO YOU EVER GET INVOLVED IN SPREADING IT? RECEIVING IT?
- HOW OPEN AND GOOD ARE YOU AT GIVING AND RECEIVING FEEDBACK?
- HOW ABLE ARE YOU TO DISCUSS IMPORTANT ISSUES HONESTLY AND MATURELY?
- DO YOU LOOK INTO THE EYES OF PEOPLE YOU LOVE WHEN YOU'RE TALKING TO THEM?
- DO YOU CONSIDER YOURSELF OPEN TO THE MESSAGES THE WORLD AROUND YOU IS SENDING YOU?
- DO YOU FIND YOU'LL USUALLY SAY THE RIGHT OR WRONG THING?
- HOW DO YOU FEEL ABOUT FREQUENT USE OF FOUR-LETTER WORDS IN CONVERSATION?
- WHEN MEETING PEOPLE FOR THE FIRST TIME IS IT MORE LIKELY THEY OR YOU WILL BE THE FIRST ONE TO SPEAK?
- WHEN YOU WANT TO COMMUNICATE SOMETHING DO YOU FIND IT EASY OR DIFFICULT TO GAIN THE ATTENTION OF OTHERS?
- ARE YOU MORE KNOWN AS A GOOD LISTENER OR A PERSUASIVE TALKER?
- WHEN SPEAKING DO YOUR THOUGHTS RUN AHEAD OF OR KEEP UP WITH YOUR SPEECH?
- DO YOU ENJOY PEOPLE WHO COME UP WITH NEW WAYS OF EXPRESSING THEIR IDEAS?
- ARE YOU MORE LIKELY TO INITIATE A CONVERSATION OR WAIT TO BE APPROACHED?