

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.

