

What are my favorite, most meaningful forms of nonverbal communication? When was the last time I used one of them effectively? (Describe the situation and what effect your symbolizing had.)

When was the last time a person gave out a nonverbal symbol that was more important than what the person was saying to me verbally? What was the person saying to me nonverbally?

When was the last time my touching someone communicated caring and commitment? (Describe the situation.)

When was the last time someone trusted me in a personal way and I responded to that trust less responsibly than I could have? (Describe the situation.)

If a friend described me as a sensitive person, how would I feel about that description?

A way I can become more sensitive to the needs people communicate nonverbally is:
