

On the following list, check all the persons with whom you have difficulty communicating.

- with my father during dinner
- with a person on a first date
- at the breakfast table with mother
- on my way home from work or school with a friend
- with my older sister or brother
- with priests or religious in my parish
- with my aunt or uncle
- with the person I am going with
- with my boss at work
- with my peers at work
- with others living in my neighborhood

Check the one which stops you the most from communicating.

- talking too much
- protecting my independence
- fear of losing control of my life
- not wanting to be known
- fear of how other(s) will react
- lack of trust
- not wanting to be tied down to someone
- other (specify)

The Parable of the Invited Guests

A man was giving a large dinner and he invited many. At dinner time he sent his servant to say to those invited, "Come along, everything is ready now." But they began to excuse themselves, one and all. The first one said to the servant, "I have bought some land and must go out and inspect it. Please excuse me." Another said, "I have bought five yoke of oxen and I am going out to test them. Please excuse me." A third said, "I am newly married and so I cannot come" (Luke 14: 16-20).

1. Who in your family most often invites you to communicate with him or her? What excuse(s) do you give at times? Give a detailed description.

2. At this time, what is there about your life that you would most like to communicate with someone? Explain fully.

3. Whom have you invited to communicate with you? Explain your reason(s).

After each statement, check "A" (Always), "S" (Sometimes), or "N" (Never).

When I talk, I am:	A	S	N
chatty and joking.	_____	_____	_____
trying to make an impression.	_____	_____	_____
personal in revealing myself.	_____	_____	_____
a person of few words.	_____	_____	_____
guarded, choosing my words carefully.	_____	_____	_____
speaking from the head, not the heart.	_____	_____	_____

4. Who in your immediate family is most open in communicating his or her own self? Explain why you named that person.
