

But here and now, take time out to explore some points that can help you deepen your personal relationships by improving your ability to communicate verbally. WRITE OUT your answers. Then share your thoughts, if you can, with someone close to you.

**When was the last time I shared my personal feelings with someone close to me? (Describe the sharing and how it made you feel.)**

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**Is there anyone I am close to with whom I do not share my feelings? If so, how can I begin to communicate more openly with this person?**

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**Is there anything – a disagreement or some personal hurt – standing between me and someone I am close to? If so, how can I break through that block and patch up our relationship?**

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**Before communicating very personally with someone, it is good to ask ourselves why we want to communicate, and how we feel about each other at the present time. How can I make this preparation part of my regular pattern of communicating?**

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