

I am (check one or more):

- ☐ talkative.
- ☐ the silent type.
- ☐ a good conversationalist.
- ☐ funny.
- ☐ too eager to talk about myself.
- ☐ a good listener.
- ☐ one who has difficulty trying to express myself.
- ☐ one who likes to communicate with others.

The deepest conversation I ever had was about:

The person with whom I have deep conversations is:

Other people think I
(check one or more):

- ☐ never get to the point.
- ☐ gossip.
- ☐ argue a lot.
- ☐ am willing to see the other person's point of view.
- ☐ am wishy-washy and too quick to agree with everyone.
- ☐ am blunt and abrupt.
- ☐ am flowery.
- ☐ am honest and sincere.
- ☐ try to con them.
- ☐ am a know-it-all.
- ☐ am a soapbox orator.

Exercise

Put yourself on the following scale:

Difficult to talk with

Easy to talk with

1 2 3 4 5 6 7 8 9 10

father

mother

brothers

sisters

friends of the same sex

friends of the opposite sex

acquaintances

people in my group (list)

What makes it difficult to talk with some of the people in these categories?

Look at the following list of possible topics for communication. Check the three you find most difficult and the three you find easiest to talk about with a friend.

my fears
my religious beliefs
my likes
my hopes
my problems
other people
things that bug me

my ideas
my family
my dislikes
my feelings about sex
my feelings about death
my experiences
my expectations