

Five Levels of Communication

"I must be able to tell you who I am before I can know who I am."

For each level of communication, what do you reveal about yourself?

Levels of communication	What do you reveal?	What don't you reveal?
1. Peak communication (absolute honesty and trust)		
2. My feelings and emotions (gut-level communication)		
3. My ideas and judgments (taking risks and retreating when necessary)		
4. Reporting facts about others (nothing of myself)		
5. Cliché conversation (lowest level of self-communication)		