

## Ask Yourself

1.  
*What was the best conversation I have had recently? (Describe this conversation.)*

2.  
*Are most of my daily verbal exchanges conversations or communications? (List six people with whom you talked today. Identify each exchange as conversation or communication.)*

3.  
*When was the last time I told a member of my family I loved him or her? Did I do or say something that was meant to communicate "I love you" without actually saying those words? (Describe this experience.)*

4.  
*In my experience, what is the difference between rapping about an important topic and communing deeply with another person? (Describe the difference.)*

5.  
*If another person agrees with me and tells me what I want to hear, do I tend to feel that the person understands me?*

6.  
*In talking with someone of my own sex about a recent date, what kinds of opinions and information do I share?*

7.  
*Have I ever had a talk with my mother or father in which I felt I understood her or him as never before?*

8.  
*With people I know, do I share only the things about myself that are acceptable in society, and hold back things people "just don't talk about"? What are some of the things about myself that I do not tell most people?*

9.  
*Do I share one part of me with one person and another part of me with another person? Is there anybody who knows the whole me?*

10.  
*In which of my relationships am I the most self-revealing? In other words, who knows me best?*