Name _____ Communication

Rate Your Communication

DIRECTIONS: Answer the questions to help you think about how you communicate with someone in your life.

Name of Person: _____

How well do you think that you and this person communicate?

1 2 3 4 5 6 7 8 9 10

NOT AT ALL VERY WELL

Explain your answer: _____

_____

What kinds of communications do you usually have with this person? What is the usual context of these communications?

Why do you think communication with this person goes as it does?

Could your communication be better? If so, how? If not, why not?

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