Please fill in your responses to the following statements. The response you put down should best reflect how you communicate most of the time.

**Message Sender**

The best way to describe my communication style is _________________________________.

In a conversation I like to be the person who is _________________________________.

I can’t stand it when I’m talking and the person I’m talking with _________________________________.

If someone I’m talking with doesn’t understand what I’m saying I usually _________________________________.

**Message Receiver**

I really listen closely when the person I’m talking with is someone who _________________________________.

A great listener is someone who _________________________________.

When someone is speaking to me I pay attention by _________________________________.

or _________________________________.

When someone is talking I listen for _________________________________.

**Feedback**

I shut down during communication when _________________________________.

I let the person I’m listening to know that I’m with them by _________________________________.

If I’m confused by something the person I’m talking with says, I usually _________________________________.

When someone I’m talking with gets angry, my response is usually to _________________________________.

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Noise

While someone else is talking my mind is usually _______________________________________________.

When someone is talking I get distracted by ____________________________________________________.

I can concentrate when listening for a ______________________________ period of time.

I completely check out while someone is talking if they are _____________________________ or I am feeling ________________________________________.

Overall

*Please rate yourself on the following and provide an explanation for why you selected your rating.*

- My communication with my teachers is: great               good               okay               poor
  *Why:*

- My communication with my parents is: great               good               okay               poor
  *Why:*

- My communication with my siblings is: great               good               okay               poor
  *Why:*

- My communication with my friends is: great               good               okay               poor
  *Why:*

- My overall communication is: great               good               okay               poor
  *Why:*
The _________________ Model

Why do we communicate?