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 _____________________________ _________________ to get my point across.

**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?