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?