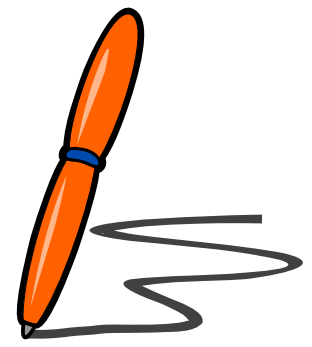


# SELF-REFLECTION

## Skillful Communication



Review mentally through your communication style. Consider not only your vocabulary, but facial expression, body language, gestures, tone, volume, and non-word sounds or expressions (sighs, grunts, or growls.)

How much do you "use your words" in your communications? Do you feel like you have an extensive vocabulary to adequately express yourself? Explain.

How much of your communication is through body language, gestures, facial expressions, or non-word expressions?

Do you find your non-verbal communication effective enough to convey your thoughts and experiences? Explain...

Do others find it effective? Can they clearly understand you? Do they find you straight-forward, considerate, aggressive, vague? Explain.