

Communication

1. What are the different ways you communicate?
2. Who do you talk to when you are having a hard time?
3. What makes someone a good listener?
4. What does it feel like to have someone listen to you? Who really listens to you?
5. Talk about a time in your life when you felt like things would have gone differently if you had communicated differently.
6. How do I deal with it when other people misunderstand me?
7. How do I respond to someone who is different from me or whose opinions and beliefs I don't agree with or understand?
8. What words do you need to hear?
9. What are things you would like to say "no" to? What are things you'd like to say "yes" to.
10. Do you have an easy time asking for help? Why or why not?

