

My Communication and Listening Skills

The **listening** skill I plan to practice _____

The barrier to listening I plan to work on _____

How I plan to work on

it _____

The **communication** skill I plan to practice _____

The barrier to communication I plan to work on _____

How I plan to work on

it _____

My Communication Style

Be a curious observer for a second week, this time paying attention to the style of communication that you tend to use (i.e., assertive, aggressive) and what factors influence your style of communication.

The style of communication I noticed myself using most this week (i.e., passive, assertive, etc.):

Things that I noticed influence my style of communication:
