

## Verbal Communication Exercise

Take a look at the fifteen statements below. Next to each statement, write 0 if it would rarely or never occur to you to say this, 1 if you might occasionally make this statement, and 2 if such a statement is typical of your style.

1. Hearing you say how that affected you, I feel sorry I did that.
2. I want you to listen and hear me out before responding.
3. I'm sorry. If I had it to do over, I would . . .
4. Tell me more about why you feel/think/see it that way.
5. I didn't mean to hurt you. What I wish I'd been able to communicate is . . .
6. I'd like to make it up to you/to make amends.
7. Could we sit down and talk about something that's on my mind?
8. I'm feeling unfinished about that recent conversation between us. Could we talk about it?
9. I need some time before I respond to you.
10. I see it differently than that. May I tell you how I see it?
11. I think/favor/want . . . What do you think/favor/want ?
12. I appreciate you for. . . (something this person did or said).
13. I want . . . How does that work for you? (Is this something you can give?)
14. I feel crummy about what just happened. Can we talk about it?
15. I notice myself getting defensive. I think I'm getting triggered.

## Scoring

The highest possible score is thirty, and the lowest would be zero. The higher your score, the higher your likelihood of having successful relationships. Here is a breakdown of what your scores might mean:

- 0–9: You probably find yourself frustrated in relationships more often than you would like.
- 10–15: You have a high aptitude for relating and are open to learning.
- 16–24: You have good relationship skills and have the aptitude to take your skills to the highest level if you wish.
- 25–30: Your capacity for present-centered relating is already at a very high level. Congratulations!

## Notes

## Listening Exercise

Everyone is a pseudo listener at times. Problems develop when real listening (the intention to understand, enjoy, learn, help) is happening a lot less than pseudo listening. In general, the more real listening you do, the better your relationships feel. Use the following chart to assess the real versus the pseudo listening you do with significant people in your life. Estimate the percentage of your listening that is *real* for each of the following:

<b>WORK</b>		<b>HOME</b>	
Boss _____	_____ %	Mate _____	_____ %
Coworkers _____	_____ %	Children _____	_____ %
_____	_____ %	_____	_____ %
_____	_____ %	_____	_____ %
_____	_____ %	_____	_____ %
Subordinates _____	_____ %	Roommate _____	_____ %
_____	_____ %	<b>FRIENDS</b>	
_____	_____ %	Best friend _____	_____ %
_____	_____ %	Same-sex friends _____	_____ %
<b>RELATIVES</b>		_____	_____ %
Mother _____	_____ %	_____	_____ %
Father _____	_____ %	_____	_____ %
Siblings _____	_____ %	Opposite-sex _____	_____ %
_____	_____ %	friends _____	_____ %
_____	_____ %	_____	_____ %
Others _____	_____ %	_____	_____ %
_____	_____ %	_____	_____ %
_____	_____ %	_____	_____ %

## Consider

To use the information on your chart, ask yourself these questions:

- Who are the people you listen to best?
- Who are the people with whom you do more pseudo listening?
- What is it about these people that makes it easier or harder to listen to them?
- Are there any people on the chart with whom you want to do more real listening?