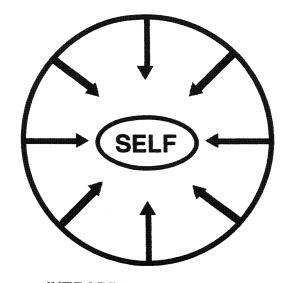
UNIT I: Teenage Transitions TOPIC C: Relation	nships & Communication Student Act.Guide: 4-2
Name	Period Date
INTRA AND INTERPERSO	NAL COMMUNICATION SKILLS
Directions: Fill in the blanks from the in	formation provided.
SELF)	OTHERS
INTRAPERSONAL SKILLS	INTERPERSONAL SKILLS
Definition:	Definition:
Examples of intrapersonal communication skills are:	Examples of interpersonal communication skills are:
Reasons we need to have effective intra	and interpersonal communication skills:

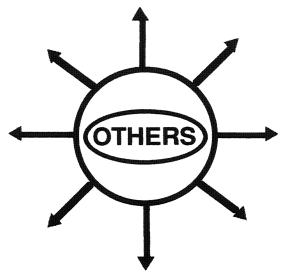
UNIT I: Teenage	Transitions	TOPIC C: Relationships	s & Communication	Student Act.Guide:	4-2
• 480 - 1991 (1885) in the applications are recommended and additional deposits you and tables and the second				and the state of t	NAME OF THE PARTY
Name		F	Period	Date	

## INTRA AND INTERPERSONAL COMMUNICATION SKILLS - TEACHER KEY

**Directions:** Fill in the blanks from the information provided.



**INTRAPERSONAL SKILLS** 

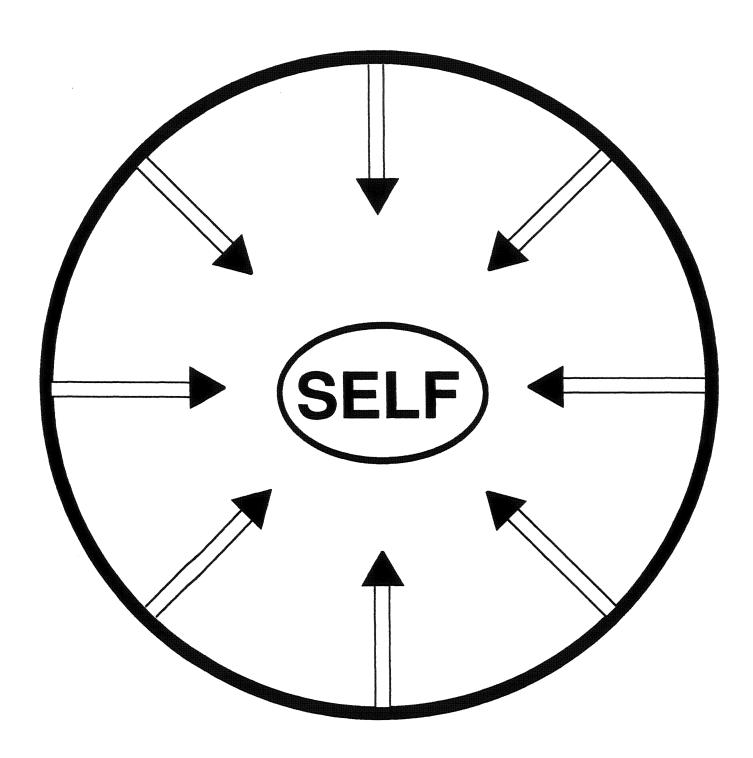


**INTERPERSONAL SKILLS** 

Definition:	Definition:			
Those used to communicate	Those used to communicate			
with oneself	with others			
Examples of intrapersonal	Examples of interpersonal			
communication skills are:	communication skills are:			
self-control	listening			
self-discipline	talking			
self-talk	problem-solving			
accepting responsibilities	understanding			
Reasons we need to have effective intra and interpersonal communication skills:				
they help us to understand our own behavior				
they help us cope with circumstances of life				
they help us control situation we find ourselves in				

## Resource: 3-5

## INTRAPERSONAL COMMUNICATION SKILLS



## INTERPERSONAL COMMUNICATION SKILLS

