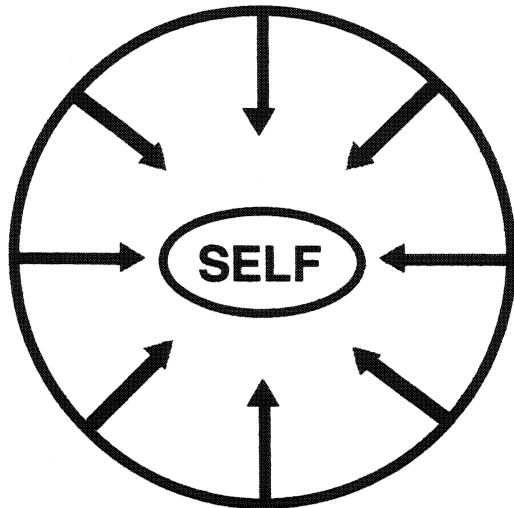


Name _____ Period _____ Date _____

INTRA AND INTERPERSONAL COMMUNICATION SKILLS

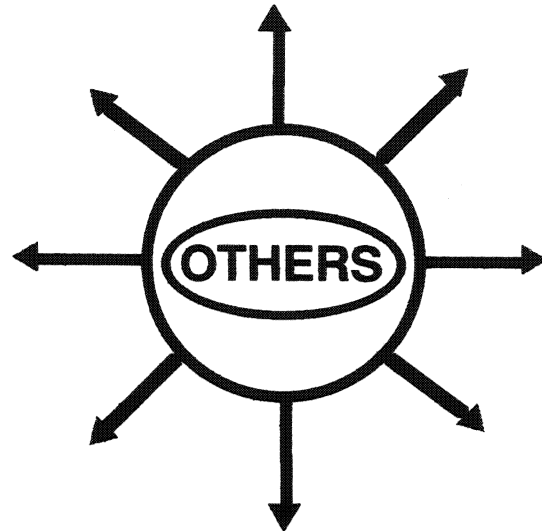
Directions: Fill in the blanks from the information provided.



INTRAPERSONAL SKILLS

Definition: _____

Examples of intrapersonal communication skills are:



INTERPERSONAL SKILLS

Definition: _____

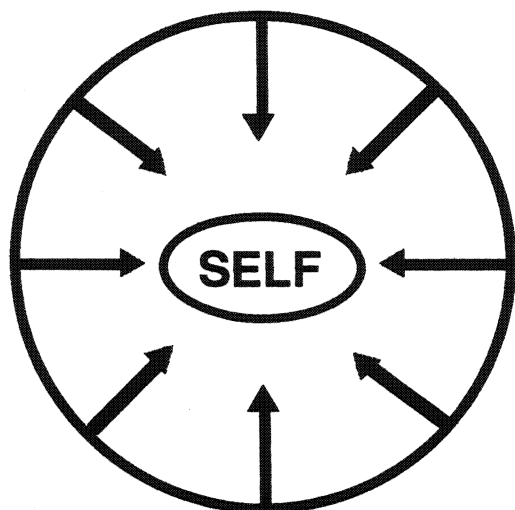
Examples of interpersonal communication skills are:

Reasons we need to have effective intra and interpersonal communication skills:

Name _____ Period _____ Date _____

INTRA AND INTERPERSONAL COMMUNICATION SKILLS - TEACHER KEY

Directions: Fill in the blanks from the information provided.

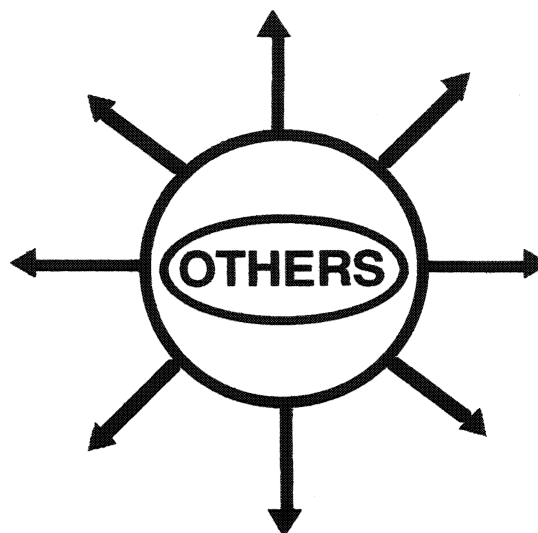


INTRAPERSONAL SKILLS

Definition: _____
Those used to communicate
with oneself

Examples of intrapersonal
communication skills are:

self-control
self-discipline
self-talk
accepting responsibilities



INTERPERSONAL SKILLS

Definition: _____
Those used to communicate
with others

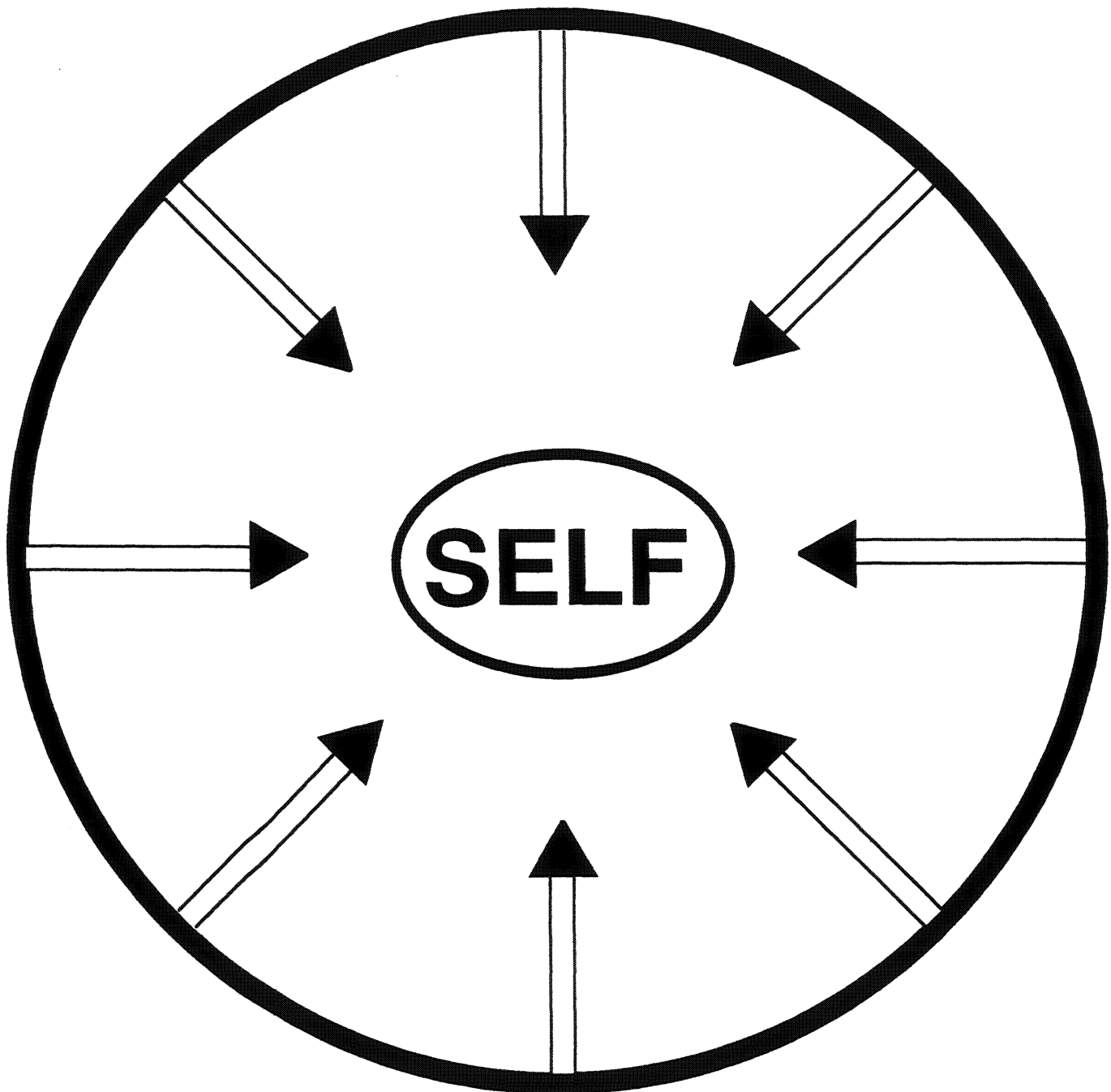
Examples of interpersonal
communication skills are:

listening
talking
problem-solving
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

INTRAPERSONAL COMMUNICATION SKILLS



INTERPERSONAL COMMUNICATION SKILLS

