Name	Period
Vocabu	lary Levels of Communication Student Worksheet
Superficial Communication:	
Personal Communication:	
Validating Communication:	

## Levels of Communication Teacher Key

**Superficial Communication** makes up the majority of our communication. It involves talking about events, what time you will be home, what is for supper, what you did in school and the weather.

**Personal Communication** involves opening up and talking about feelings, beliefs, and opinions that mean something to you.

Validating Communication reinforces peoples' feelings about themselves.