

## Video Clips/Relationships & Levels of Communication

Show video clips that show different levels of communication and have the students identify the different levels.

Some of these video clips could include a scene from The David Letterman Show, Dumb and Dumber, Goonies, Say Anything, Sleepless in Seattle, Twister, and a couple of other sitcoms. Have the students number their paper from one to “?” and then have them write down which of the three level of communication did they see. There maybe more than one.

### Process Questions:

1. What was the easiest level of communication to identify?
2. What was the hardest level of communication to identify? Why?
3. Was there any time that you seen one level of communication turn into another level of communication? When?

Points to ponder:

1. No relationship can remain stable for an extended period of time.  
Relationships are either getting better or going stale (husband/wife, friends, parent/child).
2. No relationship can get better without communicating on a personal and validating level.
3. Relationships are worth the risk!

--The "Generation Gap" occurs when the parent and child communicate on a superficial level.

--Couples that live together, but share no love, only communicate superficially.

--Friendships fall apart if they only have superficial communication.

Why would you communicate superficially?

1. You have been hurt in a relationship.
2. You do not see people often enough to communicate on a more meaningful level.
3. You are doing things about which you feel guilty.

Touching (which can be a small touch on the hand all the way to full intimacy) is a form of communication. The same levels of communication can apply:

1. Superficial
2. Personal
3. Validating

Teenage touching and much adult touching is on a superficial level. The act of touching is not done as an expression of how a person feels about you (personal) or a reinforcement of the relationship (validating) but rather as something to satisfy the needs of the person doing the touching. Therefore, this touching does not enhance the relationship.

### Reasons for keeping Communication Superficial:

- I may be hurt.
- I don't want to hurt their feelings.
- They will misinterpret what I say.
- They won't be receptive
- It will put our relationship at risk.
- I will be out on a limb and won't be supported.