Journal

"I have learned that the head does not hear anything until the heart has listened. And what the heart knows today, the head will understand tomorrow."

Have you observed this in your life? How can this help you in dealing with issues now?

Text

- Read pg. 90-92
- Do Review # 1, pg. 105





Validating

Communication reinforcing people's feelings about themselves.

Personal

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

Superficial

Communication making up the majority of our communication. Talking about the weather, home, school, food, etc.



Levels of Communication

Event

Influence

Personal Quality

Compliment

Superficial

Personal

Validating



Communication Styles



- Touch
  - Hugging, holding hands, physically close
- Verbal
  - Sharing one's feelings, listening, heart-to-heart talks, caring words
- Task
  - Achievement, accomplishments, hard work, status, things



Communication Assessment

- Complete the handout.
- Determine which style of communication you prefer.



Humming Partner

- Find the person humming the same tune as you.

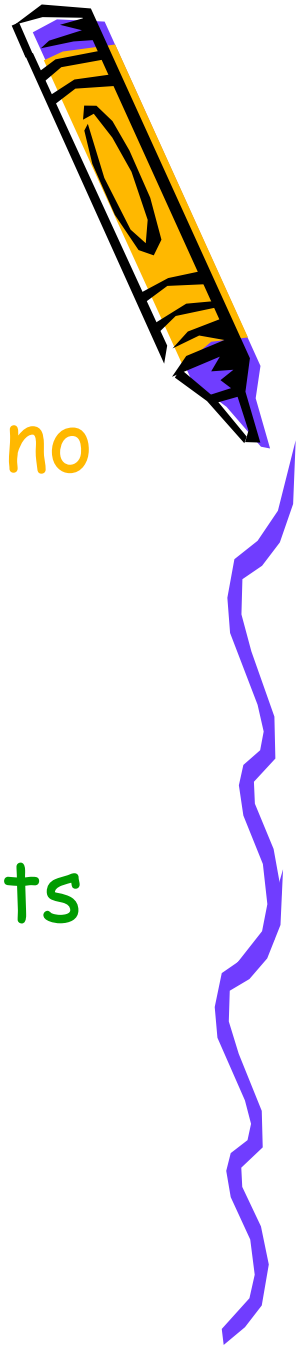
- What was frustrating?
- How does this happen on a daily basis?
- What could be the solution?



Communication Breakdown - Repair Guide

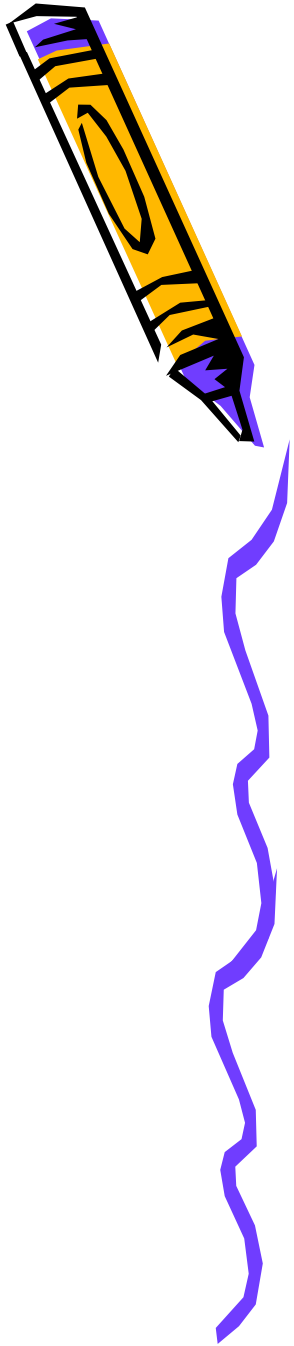


Communication Exercise for Teens



- Answer each of the twenty yes or no questions.
- Answer the four fill in the blank questions.
- Discuss this paper with your parents and have them sign it.





Internet:

Communication Styles

