

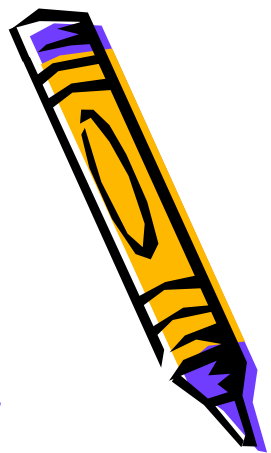
Journal

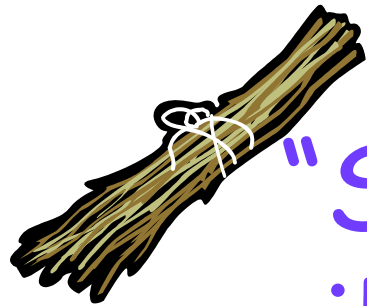
"The art of conversation consists as much of listening politely as in talking agreeably."

How do you rate your listening and talking skills? What do you need to improve?

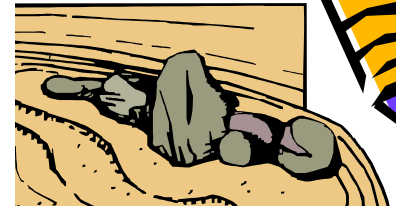
Text

- Read pg. 94-96, 97-100
- Do Review # 4 and 5, pg. 105





"Sticks and stones
will break my bones,
but words will never
hurt me."



Words, tone of voice
and body language.



Destructive Communication

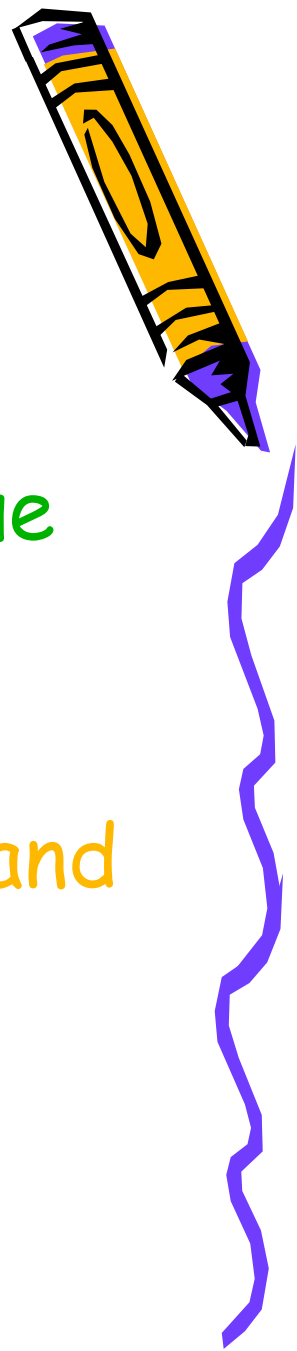
- Blaming
 - Interrupting
 - Endless Fighting
- Character Assassination
- Calling in Reinforcements
 - Withdrawal
 - Need to be Right



Constructive Communication

- "I" Messages
 - Clarity
 - Timing
- Asking Questions
- Reflective Listening
- Respect and Consideration
- Avoiding Intense Anger





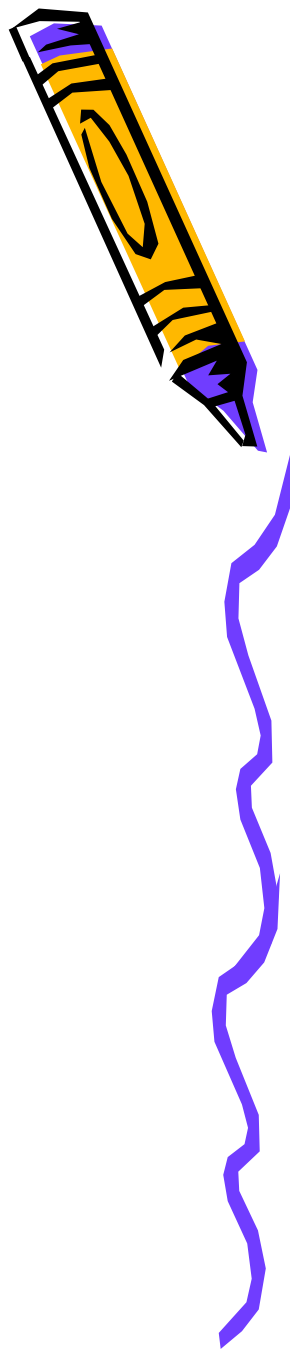
Let's Communicate

- Mark each communication technique as constructive or destructive.
- Choose a technique and a positive and negative example of it.



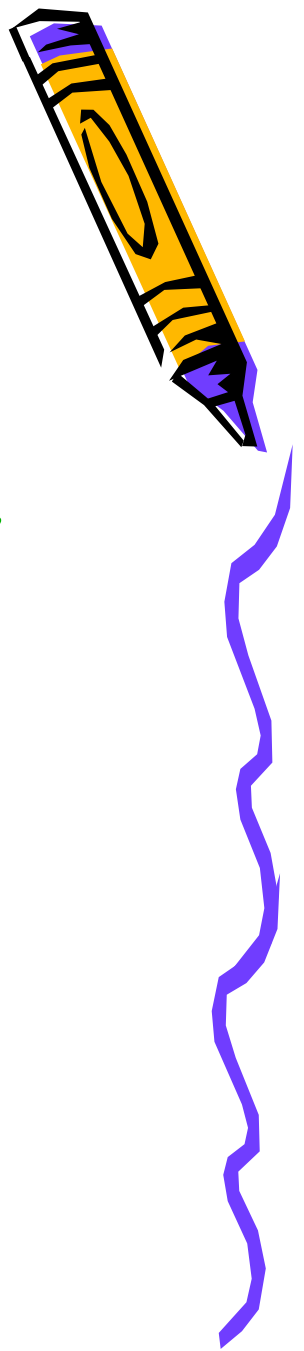
Role Playing

- Yellow papers
- Orange papers
- Blue papers

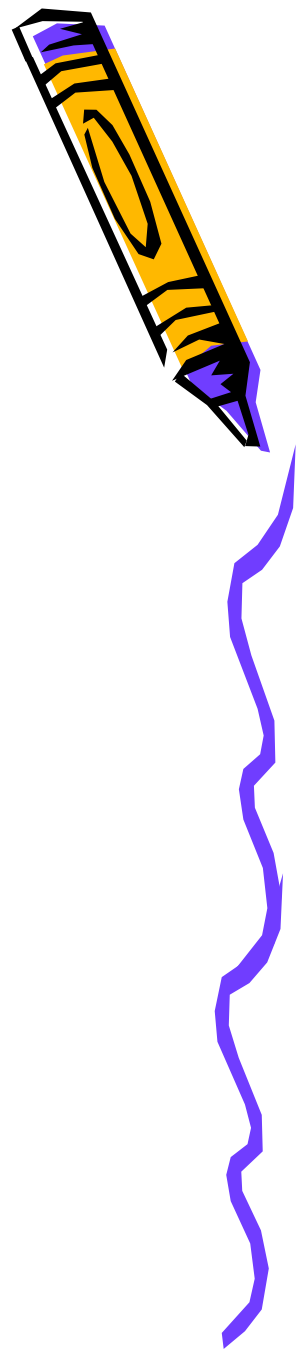


"I" Messages

- State the feelings and thoughts you are having at the time of communication.
 - "I feel ... when ... because ..."
 - "I would like ..."
- Don't blame the other person.



State #6: Sending "I" Messages





Internet:

Quiz - Destructive and
Constructive Communication

