

PERSONAL REFLECTION

Communication Profile



WHERE I AM RIGHT NOW		WHERE I WANT TO BE
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	I listen effectively.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	I build emotional connections.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	I ask questions effectively.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	People trust me.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	I praise others effectively.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	I control my emotions effectively.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	I treat others as equals.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	My conversations are usually good for me and my partner.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	I frequently find common ground with other people.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	I am fully present in all conversations.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	I successfully redirect destructive conversations.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10
UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10	I collaborate effectively with others.	UNTRUE ○—○—○—○—○—○—○—○—○—○ 1 2 3 4 5 6 7 8 9 10