

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

PEER REVIEW

Communication Profile



Please record your personal opinion of how true or untrue the following statements are with respect to the subject of this survey. Effective communication is an essential part of a successful, fulfilling life, and by giving your honest opinion, you can help the subject of this survey make important improvements.

<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Listens effectively.
<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Builds emotional connections.
<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Asks questions effectively.
<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Is trusted by people.
<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Praises others effectively.
<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Controls emotions effectively.
<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Treats others as equals.
<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Engages in conversations that are usually good for everyone involved.
<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Frequently finds common ground with other people.
<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Is fully present in all conversations.
<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Successfully redirects destructive conversations.
<p>UNTRUE</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>VERY TRUE</p>	Collaborates effectively with others.