

Personal discussion: Interpersonal communication

Important tip #1: Have fun! **Important tip #2:** Listen respectfully. **Tip #3:** It's okay if you don't have time to do ALL the questions.

Discussion questions

1. Do you think that you learned something about interpersonal communication today?
2. According to you, what is the most common mistake that people make when communicating?
3. If you think about the communication styles you saw in the reading, what is one style that you sometimes "fall into" when you're having a bad day?
4. What was the most meaningful tip you saw in the reading?
5. What did you think of the video overall?
6. Charles Duhigg believes that when there are communication problems, often, it's because people are in different conversations. What do you think of that theory?
7. Charles Duhigg also talks about asking deep questions. He says that most people do not do this anymore. What do you think? Are there enough deep conversations in your life?
8. If you have time left, have a free-flow conversation, for example about your week or your semester, and try to practise some listening skills you have seen today, to demonstrate interest for example.