

# The Feeling of Communication



Think about how this activity made you feel and answer some questions. This activity for your personal use to help you identify your style of communication and what your emotional reaction to different answers is.

**How did it feel to experience hearing no?**

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**How did it feel to say no?**

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**What other words did (or do) you use when you meant no?**

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**How did it feel to experience hearing yes?**

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**How did it feel to say yes?**

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**What other words did (or do) you use when you meant yes?**

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**How did it feel to experience a maybe?**

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**How did it feel to say maybe (if you did)**

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**What other words did (or do) you use when you meant maybe?**

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**How can you utilize knowing your communication style to experience better relationships?**

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