

Communication Check Sheet

Take notes on how you communicated this week with your loved one- both verbally and nonverbally. In **Section A**: Explain what actually happened. In **Section B**: Write down: **(1)** what style of communication you used, **(2)** how it turned out and **(3)** how you felt about it afterwards.

Section A.

What I said or did to communicate with my loved one:

Section B.

Style of Communication used	How it turned out	How I felt
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