

1. Describe the difference between verbal and nonverbal communication.

Verbal communication is when you are speaking to someone or something with your voice. Non-verbal is when you communicate by using hand gestures, facial expressions, body position and much more.

2. Which method of communication is easier for you and why?

I like using both methods of communication. But, using nonverbal is easier for me. For example, it would be much easier to make a confused face than to having to explain what you are feeling and why. I like verbal communication when I am trying to explain myself.