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SWK246

Prof. Jean

Wk 1

## ACTIVITIES

### 1.1 COMMUNICATION SKILLS INVENTORY

#### LEARNING OBJECTIVES

- Identify your communication strengths and weaknesses.
- Create three interpersonal communication goals.

#### INSTRUCTIONS

1. Below you will find several interpersonal communication situations. As you read each one, think of a similar situation that you have experienced. Take a moment to remember the details of that situation, the outcome, and how you felt about the outcome. If you have never experienced a similar situation, take a moment to imagine yourself in that situation and consider how you might respond, what the outcome would likely be, and how you would feel about that outcome.
2. For each instance, answer the following question: How satisfied am I with the way I would communicate in this situation and ones like it? You can express your answers by placing one of the following numbers in the space by each item:  
  
5 Completely satisfied with my probable action  
  
4 Generally, though not totally, satisfied with my probable action

- 3 About equally satisfied and dissatisfied with my probable action
- 2 Generally, though not totally, dissatisfied with my probable action
- 1 Totally dissatisfied with my probable action

1. A new acquaintance has just shared some personal experiences with you that make you think you'd like to develop a closer relationship. You have experienced the same things and are now deciding whether to reveal these personal experiences. (self-disclosure, Chapter 3) Answer: 4 -
2. You've become involved in a political discussion with someone whose views are the complete opposite of yours. The other person asks, "Can't you at least understand why I feel as I do?" (empathy, Chapter 4) Answer: 2-
3. You are considered a responsible adult by virtually everyone except one relative who still wants to help you make all your decisions. You value your relationship with this person, but you want to be seen as more independent. (close relationships, Chapter 10) Answer: 5-
4. In a mood of self-improvement a friend asks you to describe the one or two ways you think he or she could behave better. You're willing to do so, but need to express yourself in a clear and helpful way. (improving communication climates, Chapter 11) Answer: 5-
5. A close companion tells you that you've been behaving "differently lately and asks if you know what he or she means. (perception checking, Chapter 4) Answer: 3-

6. You've grown to appreciate a new friend a great deal lately, and you want to express your feelings to this friend. (close relationships, Chapter 10) Answer: 2-
7. An amateur writer you know has just shown you his or her latest batch of poems and asked your opinion of them. You don't think they are very good. It's time for your reply. (alternatives to self-disclosure, Chapter 3) Answer: 2-