

Peer Counseling Pause with Reova Meredith

How Good of a Communicator Are You?

- 1. Do you talk excessively?**
- 2. Do you allow money or things to spoil human relationships?**
- 3. Do you use too many easily misunderstood words or phrases?**
- 4. Do you have an overly critical attitude?**
- 5. Do you tend to speak for others?**
- 6. Do you tend to interrupt others?**
- 7. Do you use words that belittle others?**
- 8. Do you often change the subject when it is uncomfortable for you?**
- 9. Do you often nag?**
- 10. Do you avoid looking others in the eye?**
- 11. Do you choose peace over sharing honest feelings?**
- 12. Do you make a lot of excuses?**
- 13. Do you often clam up?**
- 14. Do you watch television instead of communicating with others?**
- 15. Do you daydream when someone talks to you?**
- 16. Do you often criticize others?**
- 17. Are you often sarcastic?**
- 18. Do you often monopolize conversations?**
- 19. Do you get upset when others disagree with you?**
- 20. Do you share so little of yourself that others cannot know you?**

The more of these you can answer 'no', the better communicator you are!