

This is “Peer Counseling Pause” with Reova Meredith

Levels of Speaking

There are five levels of speaking:

Cliché – this is restricted to greetings and comments that express no strong opinions, no feelings and no real information. “Good Morning”

Fact – This consist only of the discussion of facts. sports scores, recipes.

Opinion - When people share their ideas and opinions. They are sharing what they really think, politics, religion. People begin to genuinely know who the person is.

Emotion - This is a sharing of feelings and emotions which leads to true communication and intimacy.

Transparency – This is the result of deep trust in the relationship. It involves sharing hurts and guarded secrets. Real transparency generally occurs with a very few people.