Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Journal Entries from Chapter 10: Communication and Relationships**

1. Consider how the following terms describe your communication style: extravert, introvert, sensing, intuitive, feeling, thinking, judging, perceptive. What is your personal communication style?
2. Review the section on “Communication for Success.” What are three ways to improve your communication and listening skills?

I can improve my communication and listening skills by . . .

1. You are having a disagreement with a roommate, sibling, or spouse about keeping the house clean. Write three “I” statements that could help to improve the situation.
2. Review the section on “Barriers to Effective Communication” and “Dealing with Conflict.” What are some common mistakes that people make when trying to resolve problems and communicate effectively?
3. Describe a situation in which you have been disappointed, such as a poor grade or the loss of a job or relationship. Was there an opportunity to learn from the situation?