**Name:**

**Date:**

**School:**

**Facilitator:**

4.01 Communication

Total points: 70

**Answer the following from what you learned in the lesson.**

# Fill in the Blank

1. Communication involves the       of      .
2. For effective communication to occur, the       must communicate a clear      , and the       must interpret that message accurately.
3. Two forms of communication are       and      .
4. involves putting ourselves in someone else’s shoes and trying to understand their feelings from their perspective.
5. According to your lesson, messages that include the words “           ” tend to build barriers to communication rather than promote effective communication.
6. is a strategy that involves repeating the message to help the sender expand on the message and help the receiver understand the message.
7. “Whatever you think,” is an example of       communication.
8. communication is characterized by blaming, dominating, controlling, and attacking.
9. communication appears passive but expresses anger by using sarcasm or sabotaging the efforts of others.
10. “I feel angry when you do not do your chores because it makes life more difficult for the rest of the family,” is an example of       communication.
11. In conflict resolution,       promotes a win-lose outcome.
12. Feeling pressure to change for a relationship partner is a characteristic of a(n)       relationship.
13. Jealousy, shaming, controlling, intimidation, threatening violence against you or someone you love, damaging property, preventing you from spending time away from your partner, making you feel guilty for problems in the relationship, and physical or sexual attacks are all signs of            .

# Short Answer

1. According to your lesson, what is a good format to use when trying to communicate how a situation affects you?
2. What is the first step in the conflict resolution process?
3. Your friend Kate told you that your mutual friend Sue has been saying unkind things about you. This makes you angry and hurts your feelings. What steps can you take to resolve the conflict?
4. Active listening is important to promote effective communication. What are three things you can do to practice active listening?
	1.
	2.
	3.
5. Your friend confides in you that she is feeling suffocated by her boyfriend. He wants her to change the way she dresses and follows her to classes to make sure she does not talk to other boys.
	1. What would be a good response to your friend?
	2. In talking with her boyfriend, using the format from the lesson, what could she say to communicate her concerns?
	3. She talked with her boyfriend, and he responded by hitting her. What should her next steps be?
6. Kelly did not do her homework and wants you to share what is on the test. You tell Kelly, “You should study, do your homework, and do your own work.”
	1. According to the lesson, what is a negative quality of this response?
	2. What would be a better response? Quote the words you would say.