

WORKCARD 1

Prepare a piece of paper and something to write.

INTERPERSONAL COMMUNICATION

The eternal question: how to speak so that others want to listen- how to listen so that others want to speak? This is your interpersonal communication, and you can always train this skill.



Assign a person or a situation to each feeling or emotion. Consider if you told the person about your feeling, your situation. If not, what was the reason.

IRRITATION

EMBARASSMENT

SOOTHING

ANGER

HAPPINESS

ENTHUSIASM

FULFILLMENT

INFATUATION

FEAR

DESPAIR

HOSTILITY

INTIMIDATION