

Nonverbal Communication Journal Exercise

How do You or Others Come Across Nonverbally?

Answer these questions honestly in your journal after you have had an encounter with a friend, work colleague, partner, spouse or child:

Is the message I am saying the message I am feeling? Am I really hearing what the other is saying?

Is this person someone with whom I really am interested in communicating? Does this person really want to talk with me?

Do I feel bored when I am with this person? Does this person seem to be bored with me?

Am I struggling to remain interested in this person? Does this person really share true feelings with me?

Would I like to disagree with this person at this time? Does this person want to disagree with me?

Am I overreacting to what this person is saying? Does this person overreact to my statements?

Do I really want to be here today with this person? Does this person want to be here with me?

Does this person threaten me? Do I threaten this person?

Does this person trust me? Do I trust myself with this person?

Are my feelings about this person coming across? Are the person's feelings about me clear to me?