The interpersonal communication skills I choose to improve throughout this course are: Effective use of silence, listening with the intent to understand rather than with the intent to reply, Pontificate onto others less

|  |  |  |  |
| --- | --- | --- | --- |
| MODULE TWO |  |  |  |
| **Time and Date** | **Practiced with** | **Strategies** | **Outcomes** |
| 1. 2020/11/11 | **Listening to Understand and not to Reply**  My Boss | I had gotten in trouble for being late a few times last week at work. Normally, when I get written up for anything at a job I tend to just shut down or immediately try to justify my actions and deny anything. | This time, I asked questions about what how my tardiness had affected business operations and when everything was explained to me from their point-of-view I understood how even a few minutes can affect the whole day-to-day operation of the business. |
| 1. 20201111T21:30:00-0600 | **Effective Use of Silence**  Significant Other | During an argument with my significant other where I usually tend to do all the talking, instead, I stayed silent the entire time and had them speak more. | Because I was able to listen to their side before I created terrible scenarios in my head I had a greater feeling of ease knowing the other side of the story first instead of talking myself out of a conversation and staying in the dark. |
| MODULE 3 |  |  |  |
| **Time and Date** | **Practiced with** | **Strategies** | **Outcomes** |
|  | **Placeholder**  Placeholder | Placeholder | Placeholder |