

Honest self-evaluation

You may have talked with someone who always thinks his or her opinion and viewpoint is the correct opinion or viewpoint. You've probably wished the person would get a reality check so they would recognize there is more than one way to talk and to listen. A simple reality check is a self-evaluation of how you talk and listen. While it's hard to do a reality check on ourselves, it is possible if we just take the viewpoint of someone watching the conversation. While you may feel like you're splitting yourself in two, working to be an observer in your own conversations can improve your communication success.

Activity 2-3

The perfect vacation!

While working alone it is difficult to analyze our own communications style. For this exercise, enlist the assistance of a friend or co-worker. Engage the other person in a conversation and take turns describing the perfect vacation. It may be one you have already taken or the dream vacation you hope to take one day. When you are speaking, try to let your words flow freely without paying too much attention to internal representation systems. When you are listening, take note of the way the speaker describes the vacation. Do they give any clues about their preferences? Did you notice your own preferences as a listener?

Share your observations in the **Discussion 2-2: Communication Personality and Preferences** topic in the Discussions area.