

LESSON 1

Personal Rights and Responsibilities

Communication Skills Survey

Directions: Read each statement. Below each statement, mark how comfortable you would feel in that situation.

1. I am comfortable looking at a person when he or she is talking to me.

Extremely Uncomfortable	Slightly Uncomfortable	Neutral	Fairly Comfortable	Extremely Comfortable
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2. I can tell someone if I disagree with him or her.

Extremely Uncomfortable	Slightly Uncomfortable	Neutral	Fairly Comfortable	Extremely Comfortable
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3. I can tell someone “no” when he or she asks me to do something I think is wrong.

Extremely Uncomfortable	Slightly Uncomfortable	Neutral	Fairly Comfortable	Extremely Comfortable
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4. I can tell my friends how I feel.

Extremely Uncomfortable	Slightly Uncomfortable	Neutral	Fairly Comfortable	Extremely Comfortable
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5. I can ask for help if something is upsetting me.

Extremely Uncomfortable	Slightly Uncomfortable	Neutral	Fairly Comfortable	Extremely Comfortable
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6. I can seek out help for someone else if he or she is in trouble.

Extremely Uncomfortable	Slightly Uncomfortable	Neutral	Fairly Comfortable	Extremely Comfortable
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