



# Communication Builders and Busters Worksheet

Practice a 2-way conversation with your parents, sibling, friend, classmate, co-worker, or someone else. You can ask them for help filling out the information below, or to review this after you complete it, if it is helpful.

Who did you talk to? \_\_\_\_\_

I used the these **Communication Builders** in my conversation:

- I traded Information     I found common interests     I matched the mood  
 I listened to the person     I matched the mood     I used good volume  
 I used good body boundaries     I looked toward my conversation partner

What **Communication Busters** gave you the most trouble?

- I took over the conversation (just talked about my topic of interest and didn't share the conversation)  
 I interrupted the conversation (I stopped the conversation so I could talk)  
 I repeated myself (over and over during the conversation)  
 I policed the conversation (told them about the rules or what to do)  
 I talked about risky topics (ask myself: should I think it or say it?)

What I can keep working on to improve my communication (write below):