

Before we begin to sharpen your interpersonal communication tools, take a minute to complete the following communication skills test.

Test Your Communication Skills

Circle the answer that is most truthful.

1. Do you usually listen without interrupting?	Yes	No
2. Do you usually recognize and respond to nonverbal messages?	Yes	No
3. Do you usually agree with something before you disagree when a controversial issue is raised?	Yes	No
4. Do you usually discuss just one issue at a time?	Yes	No
5. Do you usually express the positive freely?	Yes	No
6. Do you usually express the negative tactfully and respectfully?	Yes	No
7. Do you usually develop a pattern of reconciliation before conflict occurs?	Yes	No
8. Do you usually take ownership for your thoughts and feelings?	Yes	No
9. Which are you more likely to say?	a)	b)
a) "I was angry when you mentioned the idea to Joe."		
b) "You make me so angry."		
10. Which are you more likely to say?	a)	b)
a) "I would like to explain the situation to you without interruption."		
b) "You're always interrupting me."		
Score: Write the number of "Yes" and "a)" responses. _____		
If you scored...		
1-3 = You are reading the right book. You must continue reading.		
4-7 = You have a good foundation.		
8-10 = You deserve the "Ronald Reagan Great Communicator Award."		

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