Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Journal Entries Chapter 10: Communication and Relationships**

1. Using the ideas presented in the textbook, write one sentence for each of these questions.

* How does being an introvert or extravert affect your communication style?
* How does being a sensing or intuitive type affect your communication style?
* How does being a feeling or thinking type affect your communication style?
* How does being a judging or perceptive type affect your communication style?
* How can an understanding of different communication styles be helpful at school, at work, or in your personal life?

1. Review the section on “Understanding Your Personal Communication Style” and “Communication for Success.” List five ways to improve your communication and listening skills on the job or in your personal life.
2. You are having a disagreement with a roommate, sibling, or spouse about keeping the house clean. Write three “I” statements that could help to improve the situation.
3. Review the section on “Barriers to Effective Communication” and “Dealing with Conflict.” List five common mistakes people make when trying to resolve problems and communicate effectively.
4. Describe a situation in which you have been disappointed, such as a poor grade or the loss of a job or a relationship. Was there an opportunity to learn from the situation?