

WEEK 4

GROUP ACTIVITY



COMMUNICATION PRACTICE

10 MINUTES

Let's try and use what we have been discussing now.

- **Remember:** you can reference the board and our examples.
- I want you to break up into pairs. I would like you to utilize all of the skills to communicate this topic to with your partner using whichever communication style you think would be best. Here are two scenarios to use to practice using assertive communication skills.

1. You and the other person made plans to meet at the movies at six o'clock, but the other person didn't show up until six thirty, causing you to miss the movie.

2. You agreed to let your friend live with you on the condition that they split the rent, but it has been two months and they still have not paid their share.



DISCUSSION PROMPT

10 MINUTES

- After discussing with your partner, what were the difficulties in utilizing the different communication skills?
- How did using I Statements and staying away from absolutes make the conversation/confrontation easier?
- What strategies can you use to remind yourself to use these skills when you're in an emotionally heated situation?
- We have covered a lot of material today about communication and how to communicate with others effectively. Are there any questions about what we have discussed today?