

Communication Skills Worksheet

Name	Date		
On a scale of 1-10, how do you rate your communication skills on the followings:			
In social situations:			
In professional/work-related situations:			
In romantic situations:			
What are the aspects of your communication that require improvement? Check the boxes below to indicate which of these you find the hardest:			
<div style="display: flex; flex-wrap: wrap;"> <div style="width: 33%;"><input type="checkbox"/> Actively listening to others</div> <div style="width: 33%;"><input type="checkbox"/> Introducing yourself</div> <div style="width: 33%;"><input type="checkbox"/> Expressing your emotions</div> <div style="width: 33%;"><input type="checkbox"/> Starting a conversation</div> <div style="width: 33%;"><input type="checkbox"/> Asking for help</div> <div style="width: 33%;"><input type="checkbox"/> Understanding others' emotions</div> <div style="width: 33%;"><input type="checkbox"/> Saying thank you</div> <div style="width: 33%;"><input type="checkbox"/> Apologizing</div> <div style="width: 33%;"><input type="checkbox"/> Resolving conflicts</div> <div style="width: 33%;"><input type="checkbox"/> Other:</div> </div>			
Reflecting on interactions			
Describe the situation	What went well?	What didn't go well?	What could you do to improve the situation for next time?