



Are you Connecting with others?

Am I talking about (eg in abstractions or generalisations) rather than dealing with an issue at hand such as asking for what I want, being personal?

Am I lecturing to the other person about what ought to be rather than dealing with him or her on what is?

Am I saying “I can’t”, when what I really mean is “I won’t”?

Am I asking a rhetorical question, pretending that I am looking for information, when what I really want to do is make a statement?

Am I saying “you, we, one, people, they, etc”, when I mean I?

Am I talking about the past when the issue is in the present?

Am I saying where I stand on an issue?

Am I saying “No”, or am I avoiding?

Do I stop when I am finished talking or do I go on with examples or anecdotes?

Am I “broadcasting” into the air, or to the group in general, rather than talking directly to the person(s) that I want to reach?

Do I send mixed messages (eg express anger with a smile on my face)?

Am I really seeing and hearing what’s going on or is my mind thinking about future or past, or imagining what someone else is thinking?

