

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:			
☐ Actively listening to others ☐ Introducing yourself ☐ Expressing your emotions ☐ Starting a conversation ☐ Asking for help ☐ Understanding others' emotions ☐ Saying thank you ☐ Apologizing ☐ Resolving conflicts ☐ Other:			
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?