



KNOW YOUR COMMUNICATION STYLE THOUGHTS AND FEELINGS JOURNAL

Do you consider yourself an introvert or an extrovert? Why?

When the markers of each were discussed, what parts resonated for you? Did you learn something new about yourself or others? Were there other examples that came to mind, and if so what were they?

When you heard Melissa and JJ talking about how your external interactions stay with you after an exchange – what example came up for you?

When you think about yourself, on a scale of 1-10 – 1 being low and 10 being high, where do you see yourself as it relates to this topic?

What body cues do you experience when you've had an exchange that was not favorable?



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What body cues do you experience when you've had an exchange that was positive and good for you?

What stories do you tell yourself about your feelings in both positive and negative examples of interactions with others?

How do the left over feelings you experience from an exchange with someone resonate and show up physically, mentally and emotionally? And do you instantly recognize them?

As you reframe some of these residual feelings and thoughts in your system, what is one thing you can do that you've become aware of today? What is a longer term goal for yourself?