

COMMUNICATION PRACTISE DIARY

<i>Describe the communication? With whom? Subject?</i>	<i>How did the situation come about?</i>	<i>What did you really want from the person or situation? What did you actually get</i>	<i>What did the other person want? What did they actually get?</i>	<i>How did you feel (physically and emotionally) during and after?</i>	<i>What do you notice now (physically, emotionally, mentally) as you recall this?</i>

