

Communication Evaluation

-What I said: _____

-How I felt before this exchange: _____

-What my body and face looked like during this exchange: _____

-What else was happening in the room while we were talking: _____

-How my relative responded to me: _____

-How I felt after this exchange: _____

-What I would change about my language next time: _____

-What I would change about my delivery next time: _____

-Other comments:
