

## Unit 4.2 Active Listening

### 7 Mistakes of Communication Worksheet

Fill in an example of something you did for each mistake in the list below. Then write about how it made you feel after you did the mistake.

#### 1. Gossiping:

*Example:*

- **What I did:** *I told my classmate that I thought one of our classmates was weird and I didn't want to hang out with them.*
- **How I felt after doing it:** *I felt guilty afterwards because I only said it so that my classmate would want to hang out with me more and not the other classmate.*
- **What could I have done differently:** *I could have asked our classmate to join us for lunch so that we could all be friends. We can have more than one friend!*

What I did:

How I felt after doing it:

What could I have done differently:

#### 2. Judging:

*Example:*

- **What I did:** *I saw a classmate in the hall at the college and I thought their hair looked like it needed to be combed. I told them that and they got angry and walked away.*
- **How I felt after doing it:** *I felt confused because I was only telling them what I thought! Now I realize that just because I think something doesn't mean I have to say it. How would I feel if someone did that to me?*
- **What could I have done differently:** *I won't say anything about their hair. It is none of my business anyways.*

What I did:

How I felt after doing it:

What could I have done differently:



### 3. Being Overly Negative

Example:

- **What I did:** *I told a friend at college that I would never make any friends while living in residence because I was so shy. No one would ever like me.*
- **How I felt after doing it:** *I felt sad because I will be lonely if it is true. Now I realize that there are lots of ways to meet friends in residence and other people are shy too. At least we would have that in common!*
- **What could I have done differently:** *I wouldn't have said it. Now I realize that there are lots of ways to meet friends in residence and other people are shy too. At least we would have that in common!*

What I did:

How I felt after doing it:

What could I have done differently:

### 4. Complaining

Example:

- **What I did:** *I told my parents that everything about college was hard and that I was going to be grumpy the whole time I was in college because it was stressing me out.*
- **How I felt after doing it:** *I regretted saying it because I could see how disappointed my parents were that I was not happy. I don't like being grumpy. I realize now that I can change my attitude and look at all the cool new things I get to do in college!*
- **What could I have done differently:** *I don't like being grumpy. I realize now that I can change my attitude and look at all the cool new things I get to do in college!*

What I did:

How I felt after doing it:

What could I have done differently:



## 5. Blaming Other People All the Time for Everything

Example:

- **What I did:** *I told my friend that I didn't do well on the class presentation because the teacher didn't like me.*
- **How I felt after doing it:** *I felt guilty and mad at myself because I know that I didn't do well on the presentation because I didn't prepare for it and do the work that I should have done to get a good grade. I disappointed myself and my teacher.*
- **What could I have done differently:** *I won't blame the teacher. I will be honest and focus on preparing for the next presentation so I will do better.*

What I did:

How I felt after doing it:

What could I have done differently:

## 6. Exaggerating or Lying Too Much

Example:

- **What I did:** *I told my friend that wants to go to college that it is so hard and I have to do 3 hours of homework every night.*
- **How I felt after doing it:** *I felt sad because I knew this wasn't true. I just wanted them to think I was smart and could do college homework for 3 hours every night.*
- **What could I have done differently:** *I could have told them that it is a lot of work but I think that they can do it!*

What I did:

How I felt after doing it:

What could I have done differently:



## 7. Giving Your Opinion All The Time and Acting Like Your Opinion is 100% Fact

*Example:*

- **What I did:** *I think that going to class down the second floor B building hallway is the fastest way to get to my computer class. I tell people this all the time but they still want to go their own way even though I tell them that this is the fastest. Sometimes, I tell them more than once in case they didn't hear me!*
- **How I felt after doing it:** *I felt frustrated because people don't listen to me when I know the facts! Why don't they want to go the same way I want to go? Now I know that other people's behaviour is not something that I can control. Everyone has an opinion and I need to listen to their opinion even if I don't agree with it.*
- **What could I have done differently:** *Now I know that other people's behaviour is not something that I can control. Everyone has an opinion and I need to listen to their opinion even if I don't agree with it. I would state my opinion once and never again.*

What I did:

How I felt after doing it:

What could I have done differently:

