

Express Yourself Activity Sheet

1.) Are you better at expressing yourself verbally or in writing? Provide examples of times you have used your preferred communication style.

2.) Why do you think a person might be more comfortable expressing themselves either verbally or in writing?

3.) Think of a time when someone misinterpreted what you said. Describe the situation.

4.) Why do you think there was miscommunication? What could you have done differently to make yourself understood?