# **Thinking About Your Nonverbal Communication**

# ***—Self-Assessment***

## **Part I**

Please think about the following questions about your nonverbal communication behavior.

### ***Eye Contact to Others:***

Frequency (How often/frequently do you tend to look at the person you are interacting with?):

 Duration (How long do you tend to look at the person you are interacting with?):

What types of eye movements do you typically engage in? (Frowning, winking, rolling your eyes, giving dirty/pointed looks, etc.?)

### ***Facial Expression:***

How often does your face show how you feel? (Rarely, occasionally, often, always?)

What type(s) of facial expression are you most likely to show? (Happiness, friendliness, anger, sorrow, confusion, interest, seriousness, etc.)

How often do you smile? (Rarely, occasionally, often, always?)

### ***Head Movements:***

What types of head movements are typical for you? (Nodding yes/no, holding your head high, tilting your head, nodding in acknowledgement to someone, hanging your head low/down, etc.?)

### ***Hand Gestures:***

Are you a person who likes to “talk with your hands?” (Rarely, occasionally, often, always?)

 What type of hand movements—gestures—are typical to you?

### ***Touch:***

Are you a “touchy-feely” person with others (meaning you often touch)? (Rarely, occasionally, often, always?)

What types of touching are common for you? (Handshakes/high fives/hugs in greeting, pat on the shoulder, hand to the arm, etc.?)

### ***Body:***

 How do you tend to stand? (Carriage, posture, stance, leg/arm position, etc.?)

How do you tend to sit? (Upright, slouched, legs crossed, etc.?)

### ***Mannerisms:***

What are typical mannerisms for you, in general? (Finger/foot tapper, playing with your hair, pacing around, doodling, multi-tasking while in conversation with others, etc.?)

### ***Appearance:***

How do you typically dress? (Style or type of clothing, accessories, hair style, grooming, etc.?)

### ***Interaction With Others:***

How close do you tend to stand/sit when conversing with someone? (In terms of inches/feet?)

How do you typically orient your body to the other person in a conversation? (Face to face, side to side, at an angle, leaning forward, leaning back?)

### ***Voice:***

 What is your typical rate of speech rate? (Fast, moderate, slower?)

What is your typical vocal volume? (Loud and booming, moderately well-projected, soft-spoken?)

How clearly do you tend to speak? (Crisp enunciation, pretty clear, sometimes mumbling?)

How expressive is your voice when conversing with others? (Rarely, occasionally, often, always?)

What types of “tones” of voice do you often use? (Interest, happiness, anger, sarcasm, questioning, contemplation, worry, humor, affection, boredom, etc.?)

How often do you use your voice for emphasis—to highlight what is especially important that you are saying*?* (Rarely, occasionally, often, always?)

What types of vocal behaviors/sounds do you engage in the most? (Sighing, “umming,” laughing, gasping, groaning, humming, whistling, etc.?)

How often do you engage in silence when interacting with others? (Rarely, Occasionally, Often, Always?)

And for what purpose is your silence usually? (Thinking, listening, angry, pouting, zoned out, don’t know what to say, etc.?)

### ***Time:***

How timely are you when meeting up with the people in your life? (Arrival is always much later than the other person/group is, just a little bit later than the other person/group, at about the same time as the other person/group, always ahead of the other person/group?)

How much time do you spend talking in the conversation? (More, about the same, somewhat less, much less than the other person/group?)

## ***Part II***

Now go back and look at some or all of those nonverbal characteristics you have described regarding yourself and consider the possible interpretation (accurate or inaccurate) others may have of this aspect of your nonverbal communication and/or the actual or potential outcome(s). Then, please answer the questions to follow on the next page.

1. Which types of nonverbal communication do you feel are your **STRENGTHS** at this time? Name at least two strengths and explain the impact you think they have on others.

When are these nonverbal communication strengths especially useful or important in terms of specific people or situations in your life? Why?

1. Which types of nonverbal communication do you feel are your **WEAKNESSES** at this time? Name at least two weaknesses and explain the impact you think they have on others.

What negative consequences might potentially or have already occur(red) as a result of

these?

Are there certain people or situations in your life that these nonverbal communication behaviors come out more frequently? Why?

1. When considering your strengths and weaknesses, at this point in the course, what do you think might be helpful suggestions for you to start working to develop even more in terms of strengths or improve in terms of those weaknesses? Please formulate specific steps that you might take to improve the area(s) of your nonverbal communication.