

Name _____

Express Yourself: Finding Your Voice for Honest Communication

Multiple Choice Questions

1. How is expressing thoughts and feelings similar to artists' creations?

- a) It requires painting skills
- b) It allows communication of inner worlds
- c) It involves playing musical instruments
- d) It is only for professionals

2. What is the first step in honest communication?

- a) Speaking loudly
- b) Recognizing your emotions
- c) Using big words
- d) Ignoring your feelings

3. Why is active listening important in communication?

- a) To interrupt others
- b) To appreciate the audience
- c) To judge people
- d) To avoid understanding

4. What is a common fear that hinders honest communication?

- a) Fear of criticism
- b) Fear of laughter
- c) Fear of celebration
- d) Fear of silence

5. How can journaling help in expressing thoughts and feelings?

- a) It allows public sharing
- b) It provides a safe and private outlet
- c) It requires artistic skills
- d) It replaces communication with others

