

Name _____

Express Yourself: Finding Your Voice for Honest Communication

Open-Ended Response Questions

1. Share a personal story about a time when you hesitated to express your thoughts and feelings honestly due to a fear of judgment. What steps did you take to overcome this fear, and how did it impact your communication and relationships?
2. Imagine you have a friend who struggles with expressing their thoughts and feelings honestly. Write a letter to your friend, offering advice and encouragement on how they can overcome their fear and improve their communication skills. Provide specific strategies and examples to support your advice.
3. Reflect on a situation where you practiced honest communication and vulnerability, even when it made you feel vulnerable. How did this experience affect your connection with the other person? How did it contribute to building trust in that relationship?
4. Discuss the role of practice in developing effective communication skills. Share an example of an area in which you have improved your communication skills through practice and perseverance. How did this change your ability to express your thoughts and feelings honestly?

