

## **Anticipation Guide : *Expressing Yourself***

**Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Before reading pages 22-27:** In the space to the left of each statement, place a check mark ( ✓ ) if you agree or think the statement is true.

**During or after reading:** Add new check marks or cross through those about which you have changed your mind. Keep in mind that this is not like the traditional “worksheet.” You may have to put on your thinking caps and “read between the lines.” Use the space under each statement to note the page(s), and paragraph(s) where you are finding information to support your thinking.

\_\_\_ 1. There are four different ways to communicate with other people when you talk with them.

\_\_\_ 2. Everyone uses at least one cliché every day.

\_\_\_ 3. You might use a cliché to express your feelings.

\_\_\_ 4. It is important when you are sharing your feelings to another person, that you say “I”.

\_\_\_ 5. Sometimes, people might misinterpret whether you are reporting a fact, sharing an idea, or expressing your feelings.

\_\_\_ 6. There are right ways and wrong ways to express feelings to another person.

\_\_\_ 7. If someone is talking to you, and you are quietly looking at that person, s/he will know that you are listening to what s/he is saying.

\_\_\_ 8. There are certain things anyone can do to help other persons know that they care about them.

\_\_\_ 9. Of the four levels of communication, it is obvious that one of them is more important than the others.

\_\_\_ 10. People who can express themselves well are likely to have positive self esteem.