Friend Communication Scale

Profile Interpretation

Total Communication Skills Scale Score

Communication is important in good relationships. When you improve how you communicate with your friends, you will begin to notice closer relationships, deeper understanding of each other's thoughts and feelings, and fewer disagreements. This assessment will help you explore how effective you are in five critical components of effective communication, as well as your overall communications skills. Look at the profile interpretation materials below.

Total communication skills scale score:

34-50

Indications:

You are able to communicate well with your friends a great deal of the time. Continue to use these effective communication skills when interacting with your friends. You will enjoy completing the exercises in this chapter.

17-33

Indications:

Most of the time, you are able to communicate well with your friends. Continue to use the communication skills you are already using when interacting with your friends, and complete the exercises contained in this chapter for even more effective communication.

0-16

Indications:

You are probably not often able to communicate well with your friends. Complete the exercises contained in this chapter to assist you in discovering more effective communication skills you can use with your friends.

Regardless of your score on the assessment, all of the following exercises have been designed to help you increase your communication skills.