



# MOVING AHEAD: The Challenge

## Interpersonal Relationships Worksheet

### SWITCHING THE SCRIPT: EXERCISES

In college, we refer to oral or written communication as “discourse.” Choose a few of the following strategies to improve your interpersonal abilities:

1. Switch your script: Experiment with speaking to everyone you come in contact with the same way, your little brother, your professor, your dog, your boss, your romantic partner, your parent or guardian. It’s tougher than you think.

What are your reactions?

2. Try not speaking for one full hour. Don’t hide out in your bedroom! Surround yourself with friends, parents, or others you interact with on a daily basis. Gauge how they react. You’ll realize how important words are to communication.

What are your reactions?

3. Yell everything you say for a few minutes instead of saying things in a normal tone. This will give you an immediate feeling of the emotional carriage that our words travel in and how it affects our “discourse.”

What are your reactions?

4. Make a list of a person’s body language queues (with their consent) while you are in a conversation with them. Then discuss with them what their body was or was not telling you. It may surprise you both.

What are your reactions?

5. Apologize for something that is hard for you to be sorry about. The simple and humane act of saying “I’m sorry” can be highly liberating. When was the last time someone got angry at you for saying you were sorry?

What are your reactions?

