

SKILLstarter™ Communicons™

Use a **SKILL** to actualize **Socially Kind Intelligent Loving Language**.



Mark each **SKILL** 3 times to qualify for a “**Self-Actualized**” or “**Certificate of Completion**” **Certificate** free online. Use this track sheet to mark your progress and practical application of the **SKILLS** you’ve applied. Become a self-actualized **SKILL** communicator and watch your relationships improve!

1 What's happening here? I think I need to use a communication skill.	2 We either feel good or we don't feel good. How are you feeling?	3 Thanks for telling me what you think. How do you feel?	4 I'm angry. Holding in my anger could lead to a destructive rage.	5 I'm afraid. Holding in fear could lead me into a dangerous panic.	6 I feel envy. Holding that in can create a vicious dangerous jealousy.	7 I'm grieving. Holding that in could lead to a harmful depression.	8 Freedom and love are the same thing. Please don't try to control me.
9 Being honest tells you I really care.	10 I can't make you happy. But I show you I care by how I respond.	11 May we please have a do over?	12 May I offer just one suggestion? I don't want to be aggressive.	13 Please use an "I" statement instead of a "you are" statement.	14 I feel uncomfortable. May we talk?	15 I'm upset. Let me tell you what I'm afraid of.	16 I know we just met, but I have a reservation.
17 I've been thinking. May I make a request?	18 I think we've been here before. Maybe it's a pattern we can talk about?	19 Please, can we have a Time-out and set a Time-in?	20 I can change an action, but I can't change that ugly label.	21 Maybe what you said could be an incorrect assumption?	22 May I tell you what I assume you might be feeling?	23 May I tell you what I assume you may be thinking?	24 May I make a simple brief request?
25 To calm and clarify, may I summarize what we have been saying?	26 Is your sarcasm helping this conversation?	27 Please don't ask me to fix the past. I can't. What do we do next?	28 Would you please tell me what you heard me say?	29 Please, let's focus on just one subject at a time.	30 You are really angry.	31 I think you're afraid of something.	32 I think you may envy what they have.
33 You seem sad.	34 I think you may be uncomfortable about this?	35 Please tell me what you are feeling about this.	36 Shall I just listen, or listen and offer a suggestion?	37 This is difficult, but don't worry. This is a safe place.	38 I'm uncomfortable. May we change the subject?	39 May I tell you what I think you are asking for?	40 Thanks for asking, but I don't want to do that.
41 Please stop saying that I 'always', 'never' and 'forever' do those things.	42 Let's ask some questions to help us focus.	43 Let's set a regular time to talk about how we are doing.	44 Would you keep a journal with me about using these skills?	45 You told me what you are thinking and feeling. Want some feedback?	46 We keep struggling. Let's go see a counselor.	47 I'll create a self-definition as my inner guide.	48 We attract what we feel and vibrate. I'll focus on what feels good.

When you complete this sheet, download a printable “Self-Actualized” certificate or course “Certificate of Completion”

