

Communication Frustration Assessment

This is to support you in thinking about common communication issues. Check the issues you have and that others have. List their names (nobody will see it but you).

It helps to come to the session with things in mind. ONE workshop won't solve all of your issues, but hopefully it will spark some things you can put into practice that will support you.

Common with me

Common with others (+ their names)

<input type="checkbox"/>	Withhold communication due to anxiety	<input type="checkbox"/>	_____
<input type="checkbox"/>	Ignore their own feelings	<input type="checkbox"/>	_____
<input type="checkbox"/>	Apologize too much	<input type="checkbox"/>	_____
<input type="checkbox"/>	Avoids hard conversations	<input type="checkbox"/>	_____
<input type="checkbox"/>	Uses humiliation to control	<input type="checkbox"/>	_____
<input type="checkbox"/>	Don't feel listened to	<input type="checkbox"/>	_____
<input type="checkbox"/>	Speaks to intimidate	<input type="checkbox"/>	_____
<input type="checkbox"/>	Uses overbearing posture	<input type="checkbox"/>	_____
<input type="checkbox"/>	Deny problems	<input type="checkbox"/>	_____
<input type="checkbox"/>	Sarcastic	<input type="checkbox"/>	_____
<input type="checkbox"/>	Seems agreeable but doesn't follow through	<input type="checkbox"/>	_____
<input type="checkbox"/>	Feel misunderstood	<input type="checkbox"/>	_____
<input type="checkbox"/>	Inconsistency in communication	<input type="checkbox"/>	_____
<input type="checkbox"/>	Too personal; overshares	<input type="checkbox"/>	_____
<input type="checkbox"/>	Too impersonal; all business	<input type="checkbox"/>	_____
<input type="checkbox"/>	Gossip	<input type="checkbox"/>	_____
<input type="checkbox"/>	Not involved in decisions that have a direct impact	<input type="checkbox"/>	_____
<input type="checkbox"/>	Apathy	<input type="checkbox"/>	_____
<input type="checkbox"/>	Hierarchy when it's unnecessary	<input type="checkbox"/>	_____
<input type="checkbox"/>	Can't ask questions if there's a lack of understanding	<input type="checkbox"/>	_____
<input type="checkbox"/>	Important details are left out	<input type="checkbox"/>	_____
<input type="checkbox"/>	Inconsistency	<input type="checkbox"/>	_____
<input type="checkbox"/>	Avoid certain people	<input type="checkbox"/>	_____
<input type="checkbox"/>	Don't get feedback about mistakes until it's too late	<input type="checkbox"/>	_____
<input type="checkbox"/>	Feedback isn't delivered well	<input type="checkbox"/>	_____
<input type="checkbox"/>	Overreactionary	<input type="checkbox"/>	_____
<input type="checkbox"/>	Cannot take feedback	<input type="checkbox"/>	_____
<input type="checkbox"/>	Doesn't understand cultural differences	<input type="checkbox"/>	_____
<input type="checkbox"/>	Dishonesty	<input type="checkbox"/>	_____
<input type="checkbox"/>	Unmotivated	<input type="checkbox"/>	_____
<input type="checkbox"/>	Unclear direction	<input type="checkbox"/>	_____
<input type="checkbox"/>	Neurodiversity not honored	<input type="checkbox"/>	_____
<input type="checkbox"/>	Defensiveness	<input type="checkbox"/>	_____