

**Module #4 “Communications” Workbook**  
**\*You Must Be a Member of the Forums to Submit**

Greetings,

Please save it to your desktop or laptop.

It is best to use a word processor.

Please complete all lessons in this module.

Once you’ve completed this module you will be able to move forward to module #5 “Drugs, Alcohol, and You.”

Please email this along with all the other workbooks to: [homework@lifecoachbootcamp.com](mailto:homework@lifecoachbootcamp.com)

This workbook is available in a PDF or Microsoft Word format.

*Respectfully,*

*George*

**Your Name:**

**Your Forum Nickname:**

**Your email address:**

**Your Phone Number:**

**Your City & Country:**

# Workbook Module #Communications

## Passive Communicator

Once you answer all questions to all lessons and write all essays, submit your work to [homework@lifecoachbootcamp.com](mailto:homework@lifecoachbootcamp.com)

Please answer the following questions:

1. Do you also find yourself saying yes to things you are uncomfortable with? Why do you think you do that?
2. On the scale of one to ten, how uncomfortable do you feel when it comes to expressing your opinions?
3. Do you feel that your needs often get ignored in a relationship?
4. Do you put everyone else first? Why do you think your preferences often occupy the last seat?
5. What steps are you planning to overcome passive communication?

Notes:

**The Essay – Passive Communicator**  
**Please Try to Keep it to this Page Only!**

# Workbook Module #4 Communications

## Passive Aggressive

**Please answer the following questions:**

1. Have you ever been in a relationship with a passive-aggressive communicator? How was your experience? What challenges did you face?
2. Do you also find yourself saying yes to things you are not comfortable with? Do you deal with the situation aggressively later? Why?
3. Do you think passive aggressive communication makes situations difficult? How?
4. Do you also find yourself gossiping or putting blame on other people? Why do you think you do that?
5. What steps are you planning to take to ditch the habit of communicating in passive aggressive manner?

Notes:

**The Essay – Passive Aggressive**  
**Please Try to Keep it to this Page Only!**

# **Workbook Module #4 Communications**

## **Aggressive Communicator**

**Please answer the following questions:**

1. How often do you find yourself communicating aggressively?
2. On the scale of 1 to 10, how would you rate your listening skills?
3. How do you feel when people communicate aggressively with you?
4. How has aggressive communication impacted your life and your relationships?
5. What steps are you planning to take to overcome aggressive communication?

Notes:

**The Essay – Aggressive Communicator  
Please Try to Keep it to this Page Only!**

# Workbook Module #4 Communications

## Assertive Communicator

**Please answer the following questions:**

1. Q1. When it comes to expressing your needs, what communication styles do you prefer? Aggressive, passive, passive aggressive, or assertive?
2. Q2. Do you feel comfortable while being vocal about your rights or your needs?
3. Q3. Do you shy away from setting boundaries? Why? What do you think holds you back?
4. Q4. Do you make use of verbal violence to prove a point? Why? Do you think assertive communication can help you ditch this habit?
5. Q5. What steps are you planning to take in order to practice assertive communication?

Notes:



**The Essay – Assertive Communicator  
Please Try to Keep it to this Page Only!**

# Workbook Module #4 Communications

## Active Listener

**Please answer the following questions:**

1. Do you get distracted by your phone while communicating? How do you think it affects the quality of conversation?
2. Do you also find yourself making corrections while another person is talking? Do you think it interrupts the dialogue?
3. What steps do you take to ensure a healthy exchange of dialogue?
4. Have you noticed any benefits of being a good listener?
5. What additional steps are you planning to take to become a better listener?

Notes:

**The Essay – Active Listener**  
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**Workbook Module #4 Communications  
Confront and Level**

**Essay Only No Questions**

**Please Try to Keep it to this Page Only!**