

## Assessment: The Left-Hand Column Exercise

### Instructions:

1. Pick an important conversation you have recently had.
2. Use the following worksheet to document the conversation.
3. Write down the actual words you and your conversant used in the right-hand column.
4. Write down what you were actually thinking and feeling during the conversation as the words were being said.
5. Compare both columns.
6. What differences, if any, exist between what you said and what you thought?
  - a. If there were discrepancies, how can you begin to productively raise some of your left-hand column thoughts?
  - b. How can you prompt your conversant to be more forthright about some of their left-hand column thoughts?

LEFT: What I really thought	RIGHT: What was really said