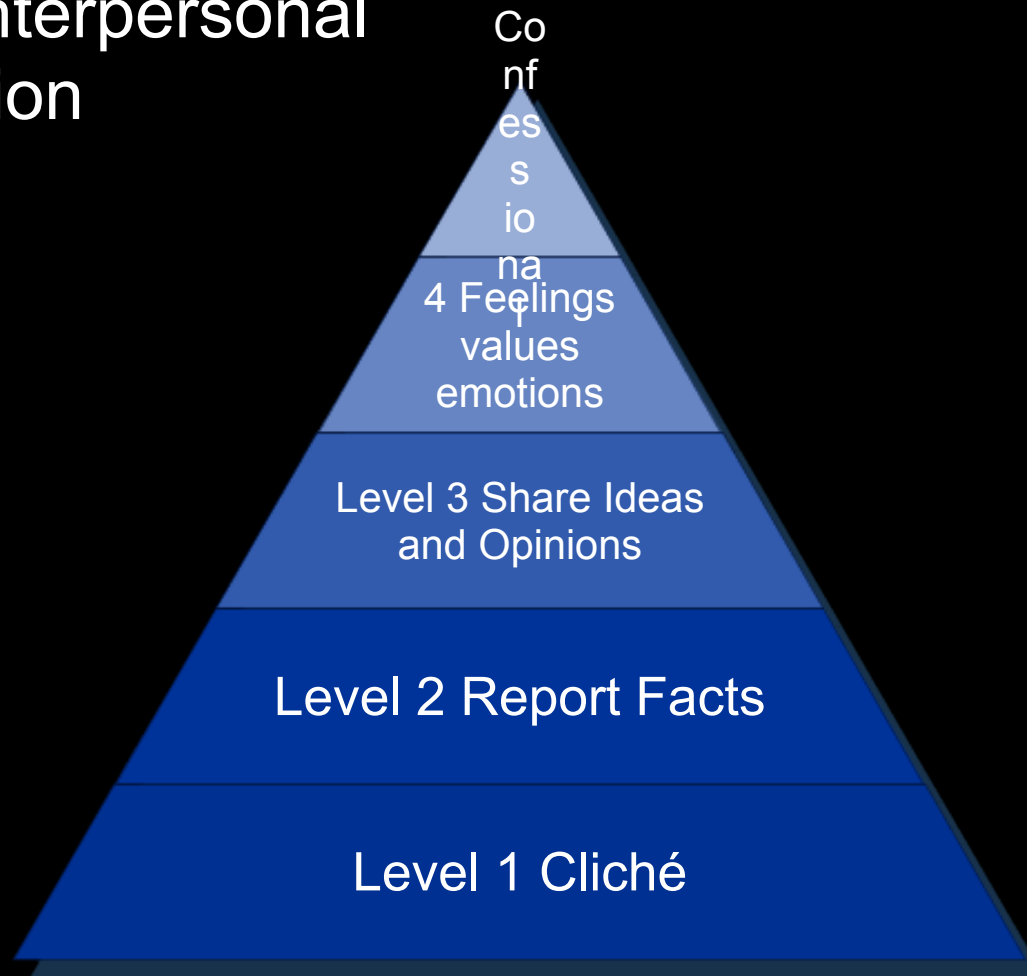


Relationships: Living Our Lives Out Loud

5 Levels of Interpersonal Communication



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Level 1 Cliché Conversation

Least willingness to share ourselves with other

No intention to communicate; avoids engagement

Questions or comments with no expectation of thoughtful response

A simple word of recognition that the other person is present

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Level 2 Reporting the Facts

Minimal sharing of ourselves

Sharing of objective knowledge

Raw data communicated without personal reflection

Speaking quantitative truth without any qualitative perspective

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Level 3 Sharing My Ideas and Opinions

Giving more of my unique and individual self

Higher risk taking on my part; other person reject idea or opinion

Risk of judgment and negative impact on sense of security or esteem

Personal investment because it is MY ideas and opinion

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Level 4 Sharing My Feelings, Values, or Emotions

Speaking out of a more hidden, interior part of my being that truly reflect my personal self

On constant alert for others perceptions and judgments of my communication

My values are expressed through feelings; values are our core makeup of our unique self

A level 3 response to a level 4 question is perceived as a 'wall'

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Level 5 Confessional Sharing

Represents peak communication; our most intimate selves

Some experiences and feelings I may never share with another

May not admit even to ourselves; may or may not share with God

Only shared in safe, non-judgmental relationships

My deepest wounds and crimes of my heart; my dreams, fears,
hopes

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Creating Spaces for Face to Face Communication

Practicing Solitude with God

Read the Psalms

A Confessing Community

Spiritual Friendships – One Ahead, One Behind

Safe Homes; Safe Family Relationships

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Practice: How far can you move up the Communication pyramid with your group? Do an example of each 5 levels of communication ...

Index Card: What one piece of Level 5 Communication are you willing to tell God this week?

Identify one person in your life that you feel you can share Level 5 Communication with

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