SESSION 4
feelings in relationships
Session THREE In Review

Communicating in relationships

We need good communication skills in friendships, at job interviews, at work, with family & at school.

Communication

Communication skills can be basic (starting a conversation) or quite complex (negotiation).

Hi, how are you?
Hello, how are you doing?
Hi, how have you been lately?

Starting a conversation

Different ways to start a conversation

We show we are listening by a whole range of verbal and non-verbal behaviours:
- eye contact and gaze
- body language, facial expression, posture, and distancing
- tone of voice
- using brief encouragers (uh huh, mm, yeah)
- responding to what you’re hearing
  (“Really?”; “That’s interesting”; “You’re kidding!”)
- encouraging more talk
  (“How did that feel?”; “You must have been rapt!”)

Listening

Good listening is active and attentive. It shows -

You understand
You care
You believe them
You’re interested

Feelings in relationships

Session 4
### Activity: Clues to Cues

1. Choose a character from the video and list the emotion(s) they showed in the video. Now complete the other columns by listing the cues that suggested how they were feeling.

#### Cues to Recognise Emotions

<table>
<thead>
<tr>
<th>Character's name</th>
<th>Emotions/Feelings</th>
<th>Physical reactions</th>
</tr>
</thead>
<tbody>
<tr>
<td>sita</td>
<td></td>
<td>ones we can see</td>
</tr>
<tr>
<td>sam</td>
<td></td>
<td>one that the person might be feeling inside</td>
</tr>
<tr>
<td>jess</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Non-verbal Cues

#### Verbal Cues

2. Now discuss in your group and write down what you think the character might have been thinking to feel that way.

**Character’s thought(s):**

3. What would happen if the person changed the way they were thinking? **Suggest** a different thought and decide how the new thought might make the character feel. Then **suggest** how the interaction might have been different if the character was able to change the way they were thinking.

<table>
<thead>
<tr>
<th>New thought</th>
<th>New feeling</th>
<th>How might the interaction have been different?</th>
</tr>
</thead>
</table>
Feelings in relationships

What's happening - HEAR?!

Part 1

If you don’t have a video recorder, maybe you could ask a friend with a VCR if you could do this task with them, or if they could lend you their tape and you could watch it at school during lunch time.

Choose a program that you can watch on television, and watch a segment of it (about 10-15 minutes long) without sound while taping the show. Try to make the show you are watching and taping one that you don’t normally watch. So if you watch “Home and Away” all the time, try to do this with a different, less familiar show.

What do you think is going on in the segment you watched without sound?

What emotions do you think the characters are displaying?

How do they display these emotions?

What body language is displayed or do any physical changes appear to occur (e.g. character hunches over because they are upset)?

Part 2

Now watch the program again WITH THE SOUND ON this time.

What actually happened in the segment, now that you have watched it with the sound on?

What other non-verbal communication is occurring?

How much does the addition of sound, and therefore verbal communication, add to understanding the situation?

How different is this to what you originally thought happened when you watched it with the sound off? How is it different?