

## Informal Practice Log (Communication Calendar) – Week 7

Date of Reflection	Describe this communication. With whom? Subject?	What did you want from them and/or how did you want to be treated?	What did you actually get (in terms of outcome and treatment)?	What do you think the other person wanted? What did they actually get (outcome/treatment)?	How did you feel (physically & emotionally) during and after?	What do you notice NOW (physical/emotional/mental) as you recall this communication?
17/09/2016	EXAMPLE  Dad forgot where he placed his keys, this was the 3 <sup>rd</sup> time this week!	I wanted him to be responsible, to remember, to consult me!	I spent half an hour upturning the house. He left it under a pile of clothes.	For me to help him, for me not to be upset. I did help, but I remained irritated and upset.	Tight shoulders, angry at him and all the time it was taking. Better, once we found his keys.	At first, tightness, but then felt a little sheepish for getting irritated at him so quickly since he doesn't do this intentionally.