

SOCIAL SIGNALING AND NONVERBAL COMMUNICATION WORKSHEET



RECENT CONVERSATION: Write down what you said.	PERCEIVED SIGNAL: How you think you came across (expression, tone, posture).	INTENDED UNDERSTANDING: What you actually wanted them to walk away knowing.

KEY PRINCIPLE: Ask someone you trust how you actually landed, instead of guessing. That mismatch is the point. (Inspired by RO-DBT concept, not a licensed worksheet. Full clinical handouts at Social Workers Toolbox.)

