

Unhealthy		Active Listening		Healthy	
1	6	1	6	1	6
2	7	2	7	2	7
3	8	3	8	3	8
4	9	4	9	4	9
5	10	5	10	5	10
Total		Total		Total	

5 Styles
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Be Assertive
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Keys to Healthy

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Active Listening

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Ask Unique Questions

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