

## Communications - Non Verbal

*Most of our communication is non-verbal. Much of what we say we say without words: "I do not want to talk right now," "You are very important to me," "I don't want to be bothered." Listed below are some typical non-verbal ways of communicating. Under the column "ME" place an X by the behaviors you practice. In the column "SPOUSE" place an X by the behaviors you notice in your future spouse. When you finish, compare lists and discuss with each other in a loving manner.*

	ME	FUTURE SPOUSE
Holding hands in public	_____	_____
Saying things like "Thank you" "Please"	_____	_____
On time	_____	_____
Looking at one another while talking	_____	_____
Introduce your future spouse to people you know	_____	_____
Touching each other with sexual overtones	_____	_____
Drinking too much	_____	_____
Never on time	_____	_____
Looking at one another while listening	_____	_____
Spending time with each other at parties	_____	_____
Clean and neat	_____	_____
Drinks in a responsible way	_____	_____
Touching in a loving way	_____	_____
Touching in a rough manner	_____	_____
Avoids eye contact	_____	_____
Careful driver	_____	_____
Keeps house neat and clean	_____	_____