

FIVE LEVELS OF COMMUNICATION

1. **CLICHE LEVEL** The shallowest & least risky type of encounter eg. nice weather, pass the sauce.
2. **REPORTING FACTS ABOUT OTHERS** Sharing information about what others have been doing or saying eg. Fred bought a new car.
3. **SHARING OUR IDEAS AND JUDGMENTS** As we relate what we think we test the waters carefully to be sure we are safe eg. I like that brand of
4. **SHARING OUR FEELINGS OR EMOTIONS** We reveal ourselves, showing what lies behind our ideas and judgements eg. I felt very happy when.....
5. **UNGUARDED FREEDOM TO BE COMPLETELY HONEST WITH ONE ANOTHER** The risk factor is no longer prevalent because we have learned to trust one another, eg. we might share dreams, hopes, vision - our deepest secrets.

From John Powell's *Why am I afraid to tell you who I am?*