



**LOOKING AT MY BELIEFS:**

# Conversation should be life-giving.

To understand how it might look and feel to honor or violate the belief that conversations should be life-giving, the following examples of top-down communication and partnership communication are provided. Use this simple scale to help you gauge the alignment you currently possess between your beliefs and your behavior (authenticity). The higher total score, the more oriented you are toward partnership communication. The lower total score, the more oriented you are toward top-down communication.

**TOP-DOWN PRACTICES**

**PARTNERSHIP PRACTICES**

Typically during conversations I'm not that engaged.  1  2  3  4  5  6  7  8  9  10

Typically during conversations I'm very engaged.

Most of my conversations take a lot out of me.  1  2  3  4  5  6  7  8  9  10

Most of my conversations energize me.

Usually I feel worse after having a conversation.  1  2  3  4  5  6  7  8  9  10

Usually I feel better after having a conversation.

Total Score

What surprises you? What pleases you? Are you where you would like to be? What would you like to change?

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