Three Levels of Communication

- **Superficial/Informational**—communication that involves small talk
  - Examples: weather, state/county you live in, etc.

- **Personal/Emotional**—communication where beliefs/feelings can be shared
  - Examples: personal opinions, moral beliefs, etc.

- **Validating/Relational**—communication that accepts/strengthens relationships and is encouraging
  - Examples: positive encouragement, sincere compliments, etc.