

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.

