**Insight 9**

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Communication Apprehension: 6 out of 10

Listening Self-Inventory: 4 out of 12

It is the first insight that I got a really low score in both listing and specking insight. The first insight says that i am not satisfied the way I listen, and the people who talk to me feel that I am not paying attention to them. They kind of correct on the listening side. I agree with them on several questions. One of them is I attempt to listen several conversation at the same time, so that’s why I cannot sometime focus on the main conversation. When it comes to this point, I have to act like I am focus with conversation, in fact, I am not because it is hard to follow to many conversation and I do not know how to get rid of that bad habit. At the same time, I tend to know what another person wants to say before even say it, when I’m focus with him or her. My problem with responding, that I respond very quickly after the person stop talking and that lead to saying something not appropriate. However, I often ask people what they mean by something that I did not understand it, so I can know how to respond. On other hand, I always look forward to expressing my-self at meetings. Meanwhile, I hold back when I want to speak up in a group, so that’s why I am often prefer to not speak to all of the people in group. I speak with individual in the group, so the person who I told him will say it loud to a group. As well as avoiding speaking in public. Simultaneously, when I’m talking to a friend, I talk fluently. That’s why the insight says that I am more apprehensive about communication then the average person.