

**Competent Communicator**

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**Benefits from Learning and Using a More Cooperative Style**

- Get more done, have more fun
- More respect
- More influence
- More comfortable with conflict
- More peace of mind
- More satisfying closeness with others
- A healthier life

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**Why learning to effectively communicate is challenging**

- Cooperation between people is complex and mentally demanding
- Ways of communicating are deeply woven into our personalities
- Self-observation; participant observer

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