



Commitment/Feedback ("Caught ya") Cards

Pillar: ☐ Listening ☐ Speaking ☐ Environment

Instructions: Use these cards to develop new communication habits and provide positive reinforcement.

GIVER: Complete the **Commitment Card** with the specific skill you are working on. Give the page to your partner.

RECEIVER: "Catch" your partner doing something good. Complete a **Feedback Card** to share your observations.



Making your Feedback Effective: Your positive feedback will help us both grow!

To ensure your observation is meaningful, remember to:

- Be Specific: Consciously identify the specific behavior you like.
- Be Prompt & Private: Promptly and privately give the card to your partner.

MY COMMITMENT: The skill I commit to deliberately practicing is:

Commitment Card

Commitment by: _____ Date: _____



Caught ya!

Date: _____ **Feedback Card**

Your effective communication did not go unnoticed. This is what I like about how you communicated with me:



Caught ya!

Date: _____ **Feedback Card**

Your effective communication did not go unnoticed. This is what I like about how you communicated with me:



Caught ya!

Date: _____ **Feedback Card**

Your effective communication did not go unnoticed. This is what I like about how you communicated with me: