



## The Five Levels of Communication

### 1. Cliche

For example, *it's a nice day*, very superficial but necessary

### 2. Facts and information

Very safe, as it is talking about something else other than oneself

### 3. Opinions and ideas

Goes a little deeper but communicates thoughts not feelings.

These three are all cognitive: we must get below the line!

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### 4. Feelings

This is where intimacy and meaningful communication really begins.

### 5. Peak experience

This is sharing the real me in openness and transparency. There is no holding back whatever the risk. While it is impossible to be on this level constantly, the more one gets to it the richer the relationship will be.