



MasteringVaccineInfo  
Boot Camp

## MVI BOOT CAMP

### Module 2: Language Training, Part 1

#### ASSIGNMENT SHEET

1. **Purposely match and mirror anyone in a conversation and write down your experiences. This person can be a friend, coworker, or anyone else. When you mirror them, take special note of any changes they make while communicating. (If you have time, do this for THREE different people.)**
  - a. Did they notice your attempts to match & mirror?
  - b. Did they become more friendly or change tone?
  - c. Did they change their attitude noticeably?

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2. **If you can, pick a person you have had difficulty communicating with in the past. Practice matching and mirroring with them. Take note of any changes in ability to communicate with them.**

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3. **Observe groups of people at work, school, or even just out shopping.**
  - a. **See if you recognize groups of friends based on automatic matching and mirroring**
  - b. **Write down how many were in the group and what types of things they matched and mirrored.**

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