

**Supplemental Material S1. Discourse Inventory and Monitoring Resource.**

<b>Communication Activity</b>	<b>Communication Partner</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
Conversation								
General Chat								
Told a story								
Gave my opinion								
Explained a problem and discussed potential solutions								
Explained how to do something								
Gave information or advice								
Interview or Appointment/Meeting								
Phone Call								
Text Message								
Email								
Shopping Exchange								
Ordered food or a meal								
Negotiated an appointment								
Reported on an event								

\* Put an asterisk next to any communication activities that were challenging or that you would like to improve on. The Communication Partner List may be helpful to examine in relation to strengthening your social networks or thinking about the nature of your relationship with that person, i.e., very close, close, unfamiliar.