

## Communications

--- Circle all that apply ---

1. My family's way of communicating has affected my style of communication.  
a) good example   b) poor example
2. After we have argued, our differences often remain unresolved.  
a) always   b) never   c) sometimes
3. There are some issues that we can't discuss.  
a) true   b) false
4. I believe our faith in Christ can help us improve our communication.  
a) yes   b) no
5. I think he is willing to learn about my culture, language and customs, and be a participant.  
a) yes   b) no   c) sometimes
6. I think she is...  
a) yes   b) no   c) sometimes
7. Are you comfortable with the amount of feelings and thoughts you share with your partner?  
a) I wish I was able to share more  
b) yes  
c) I probably share more than I should – a little mystery is good too
8. Does your partner share feelings and thoughts as much as you'd like?  
a) yes, for the most part  
b) could be more
9. My social life can be described as:  
a) a sense of community is important to me  
b) I like to have several friends  
c) one good friend is all I need  
d) I like parties and social gatherings/activities  
e) my preference is to only go to family gatherings  
f) I prefer not to be around a lot of people  
g) I'm somewhat of a shut-in  
h) I see enough people at work; all I need is my spouse
10. Ideally, I would prefer to live:  
a) in a big city  
b) in a small city  
c) in a suburb  
d) in a small town  
e) in the country  
f) on a lake  
g) don't care as long as I ( or my spouse) don't have a far commute to work

11. Do you or your partner tend to use the words always and never too often?

- a) yes, I do
- b) yes, my partner does
- c) no, I don't
- d) no, my partner doesn't

12. When something is bothering me, I tend to:

- a) get quiet and secretly hope my partner will notice and pry it out
- b) talk about it until I feel better
- c) leave to be by myself for a while, then talk later
- d) bring it up, then get quiet
- e) deal with it on my own

13. Do you trust that if your partner was bothered by something, he/she would tell you?

- a) yes
- b) not always
- c) maybe not right away, but eventually

14. Do you feel your partner is a good listener, allowing you to finish your thought, maintains eye contact, and give some sort of feedback to verify he/she understands what was said?

- a) not as good as I'd like
- b) usually quite good
- c) if I didn't babble on so much, my partner would probably be better at it

15. Does your partner allow you to have your own opinion without the need to argue the point?

- a) yes, most of the time
- b) could be better

16. In some disagreement situations where a compromise is not an option, who wins?

- a) the person who feels the strongest on the subject
- b) the person holding the remote
- c) probably my spouse
- d) probably me
- e) whoever wins the coin toss
- f) neither, we'll just have to find the humor

17. How would you rate your self-esteem?

- a) high
- b) content
- c) could be better
- d) I continually have to work on it
- e) my partner could make or break my self-esteem

18. When I am in a bad mood, angry or feel irritable, I:

- a) tend to say things I don't mean
- b) don't like to talk
- c) tend to raise my voice
- d) tend to overreact – make a big deal out of something minor
- e) better get my way
- f) try not to let it show
- g) need to talk to someone until I feel better
- h) need a hug
- i) ask for understanding
- j) have a tendency to slam doors
- k) am sometimes destructive
- l) like to go shopping
- m) tend to talk sarcastically
- n) can usually deal with it respectfully and appropriately

19. When I get hurt or sick, I usually:
- a) like to be nurtured and comforted
  - b) like to be left alone for the most part
  - c) get a tad cranky
  - d) moan and groan more than I should
  - e) feel bad that I'm not up to doing much
  - f) try to act as if I am fine

20. Does your partner drink alcohol?
- a) yes, but an acceptable amount
  - b) yes, and the amount sometimes bothers me
  - c) yes, and I notice undesirable personality changes
  - d) no

21. When my partner is feeling down, moody or upset, I:
- a) feel uncomfortable
  - b) try to be consoling
  - c) would rather not be around him/her
  - d) assume it has something to do with me
  - e) does not apply; my partner doesn't get upset or moody

22. For the most part, I think my partner is:
- a) more of a pessimist than an optimist
  - b) more of an optimist than a pessimist
  - c) seems to be a good balance of both

23. I see myself as:
- a) easy going, calm and patient
  - b) a little uptight, easily irritated and could use more patience

24. I see my partner as:
- a) easy going, calm and patient
  - b) a little uptight, easily irritated and could use more patience

25. How would you measure your success?
- a) my car and/or house
  - b) my career and/or income
  - c) my spirituality
  - d) the happiness of my family
  - e) how many kids I have
  - f) my happiness/peace of mind
  - g) the amount of love in my life

26. When it comes to compromising, I am generally:
- a) somewhat stubborn
  - b) quite flexible
  - c) rational and fair

27. Do you have a tendency to get defensive when your partner gives you constructive criticism?
- a) not really, I handle it quite well for the most part
  - b) no, I appreciate it
  - c) yes, but I try not to
  - d) yes, but it's because my partner shouldn't be criticizing me
  - e) yes, but it's because my partner lacks tact
  - f) yes, but it's because he/she criticizes me too much
  - g) my partner doesn't criticize me at all

28. Do you feel you have a good balance of time spent with your partner, time spent alone, time spent with family members, and time spent with friends?
- a) yes, for the most part
  - b) could be better balanced
  - c) I guess so, because no one is complaining
  - d) I don't think people should keep track

29. How do you feel about individual alone-time?

- a) it's very important
- b) I don't need it, and if my partner did, I might feel insecure
- c) I don't need much
- d) I would be fine with whatever my partner needed

30. Do you sometimes give in, or not say what you feel just to avoid conflict with your partner?

- a) yes, I fear an argument
- b) yes, I don't want to upset my partner
- c) yes, sometimes I get too pooped to participate
- d) not usually
- e) pretty much never

31. I would leave my spouse if he/she:

- a) was put in jail
- b) changed religion
- c) lost interest in sex
- d) is physically or sexually abusive to me or the kids
- e) is psychologically or mentally abusive to me or the kids
- f) was unfaithful
- g) continually lied
- h) gained too much weight
- i) was financially irresponsible, to the point of severe debt
- j) refused help with a serious addiction
- k) refused help with a mental disorder
- l) none of the above, marriage is a lifelong commitment for better or worse, until death do you part.