

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.