

Assessment on Relationship Communication Skills



Answer yes or no to the following questions.
Do you generally...

	Yes	No		Yes	No
Jump to conclusions before getting the facts?	<input type="radio"/>	<input type="radio"/>	Shame - "How could you?"	<input type="radio"/>	<input type="radio"/>
Criticize instead of complain?	<input type="radio"/>	<input type="radio"/>	Preach - "You should...?"	<input type="radio"/>	<input type="radio"/>
Shut down emotionally and/or shut out your partner?	<input type="radio"/>	<input type="radio"/>	Zone Out – ignoring or distracting with TV, computers, phones?	<input type="radio"/>	<input type="radio"/>
Bring up old stuff from the past?	<input type="radio"/>	<input type="radio"/>	Refuse to talk or have conversations	<input type="radio"/>	<input type="radio"/>
Yell, name-call, slam doors, etc.?	<input type="radio"/>	<input type="radio"/>	Blame - "It's all your fault!"?	<input type="radio"/>	<input type="radio"/>
Minimize – "It's not a big deal" or "You're overreacting!"	<input type="radio"/>	<input type="radio"/>	Dramatize – becoming overly emotional or melodramatic	<input type="radio"/>	<input type="radio"/>
Assume you understand without clarifying?	<input type="radio"/>	<input type="radio"/>	Label – "You're a sociopath!" or "Don't be so neurotic!"	<input type="radio"/>	<input type="radio"/>

Scoring

Count the number of 'yes' responses to see how well you communicate.

0-5: You are doing pretty well, but may need some help – let's talk about this.

6-10: You may be headed for trouble – we need to talk soon.

11+: You are in the danger zone – let's talk ASAP.