

Self Test Instructions

The following three “self tests” are designed for each of you to get a better idea of “you.” There are no right or wrong answers. By better understanding how you each think, feel and communicate, you may gain some insight as to how to better communicate and empathize with each another and, at the very least, understand your spouse’s point of view. When you are finished, feel free to share your responses with your spouse.

Communication Awareness

For the following 11 statements, on a scale of 1-10, with 10 being the highest, indicate where you see yourself.

1. I am in control of my anger and rarely raise my voice. _____
2. I believe I communicate well and effectively with my spouse (fiancé, boy or girl friend). _____
3. I believe I communicate well with my children. _____
4. I communicate well in social settings. _____
5. I communicate well at work or with my employer/employees and/or in business settings. _____
6. I can handle adverse or negative communication situations to my satisfaction. _____
7. I am pleased with my voice. _____
8. I am comfortable in talking or initiating conversation in new or different settings. _____
9. I like my sense of humor. I am confident in sharing a joke or humorous anecdote. _____
10. I feel I have a good wit and can handle whatever other people may say without getting upset or significantly distraught. _____
11. I see myself as overly emotional and at times too sensitive to what others say. _____

Introspection – An Awareness Check

Consider the following 10 open-ended questions regarding your relationship and then complete the open ended sentence.

1. I perceive the issues are...
2. I think these matters have come to a head because of these factors:
3. In looking at my perceived hurts, from my point of view, they are...
4. From my spouse's point of view, I think he or she would say...
5. I would like to save this relationship because...
6. To lose this relationship, emotionally, it would mean to me...
7. To lose this relationship, from a practical point of view (children, home, finances), the outcome would...
8. I believe what we need to resolve is...
9. The grudge I am not letting go of is...
10. I believe all we need to do is...

What Do You Think?

The following will take into account your communication skills and beliefs. Do you agree or disagree with each statement? Circle either "A" (agree) or "D" (disagree).

1. When a husband or wife or friend asks a question and requests advice, this signals it is timely to do so. A D
2. Good listening usually implies the listener will periodically interrupt and interject appropriate questions. A D
3. For the sake of keeping peace in the relationship, it is okay to go along with what the other person is saying even if you are not in agreement. A D
4. In marriage, after an argument, making love helps to solve disagreements. A D
5. If both parties are not in agreement about a decision that must be made, then the best-educated, most logical thinking partner should decide. A D
6. In parenting disagreements, the father's authority should prevail. A D