

Checklist - Communication

Check each one accordingly:

Do you...

1. Speak for your partner – put words into his or her mouth? Rarely – Sometimes - Often
2. Use your full awareness to reflect on an issue? Rarely – Sometimes - Often
3. Share your feelings? Rarely – Sometimes - Often
4. Disclose your needs and wants? Rarely – Sometimes - Often
5. Listen briefly, then begin talking, sometimes interrupting? Rarely – Sometimes - Often
6. Acknowledge what your partner is feeling and validate? Rarely – Sometimes - Often
7. Acknowledge your partner's needs and wants? Rarely – Sometimes - Often
8. Encourage your partner to expand on his / her perspective? Rarely – Sometimes - Often
9. Ask what your partner is thinking, feeling, needing / wanting? Rarely – Sometimes - Often
10. Summarize your partner's messages to ensure understanding? Rarely – Sometimes - Often
11. Avoid issues? Rarely – Sometimes - Often
12. Propose a good time and place to discuss important issues? Rarely – Sometimes - Often
13. Force decisions on your partner? Rarely – Sometimes - Often
14. Give in to your partner's decisions? Rarely – Sometimes - Often
15. Talk about issues but leave them unresolved? Rarely – Sometimes - Often
16. Admit mistakes and take responsibility? Rarely – Sometimes - Often
17. Resolve issues with understanding and consideration? Rarely – Sometimes - Often
18. Have pleasant, fun conversations? Rarely – Sometimes - Often
19. Direct or instruct your partner in a controlling way? Rarely – Sometimes - Often
20. Argue and fight? Rarely – Sometimes - Often
21. React rather easily, quickly? Rarely – Sometimes - Often
22. Blame or attack your partner directly? Rarely – Sometimes - Often
23. Make spiteful, undercutting remarks indirectly? Rarely – Sometimes - Often
24. Explore possible causes of an issue? Rarely – Sometimes - Often
25. Brainstorm solutions to an issue? Rarely – Sometimes - Often
26. Send clear, complete, and straightforward messages? Rarely – Sometimes - Often

Does he or she...

1. Speak for you – put words into your mouth? Rarely – Sometimes - Often
2. Use their full awareness to reflect on an issue? Rarely – Sometimes - Often
3. Share their feelings? Rarely – Sometimes - Often
4. Disclose their needs and wants? Rarely – Sometimes - Often
5. Listen briefly, then begin talking and sometimes interrupting? Rarely – Sometimes - Often
6. Acknowledge what you are feeling and validate? Rarely – Sometimes - Often
7. Acknowledge your needs and wants? Rarely – Sometimes - Often
8. Invite / encourage you to expand on your perspective? Rarely – Sometimes - Often
9. Ask what you are thinking, feeling, needing / wanting? Rarely – Sometimes - Often
10. Summarize your messages to ensure understanding? Rarely – Sometimes - Often
11. Avoid issues? Rarely – Sometimes - Often
12. Propose a good time and place to discuss important issues? Rarely – Sometimes - Often
13. Force decisions on you? Rarely – Sometimes - Often

14. Give in to your decisions? Rarely – Sometimes - Often
15. Talk about issues but leave them unresolved? Rarely – Sometimes - Often
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25. Brainstorm solutions to an issue? Rarely – Sometimes - Often
26. Send clear, complete, and straightforward messages? Rarely – Sometimes - Often