

11. My partner criticizes while I defend myself. 1 2 3 4 5 6 7 8 9

Now look at your answers and compare notes. What areas do you and your partner need to work on in order to improve our communication skills?

Criticize/Defend

I criticize while my partner defends himself or herself. 1 2 3 4 5 6 7 8 9

My partner criticizes while I defend myself. 1 2 3 4 5 6 7 8 9

Pressure/Resistance

I pressure my partner to take some action or stop some action, while my partner resists. 1 2 3 4 5 6 7 8 9

My partner pressures me to take some action or stop some action, while I resist. 1 2 3 4 5 6 7 8 9

Emotional/Logical

I express feelings while my partner offers reasons and solutions. 1 2 3 4 5 6 7 8 9

My partner expresses feelings while I offer reasons and solutions. 1 2 3 4 5 6 7 8 9

Threat/Back down

I threaten negative consequences, and my partner gives in or backs down. 1 2 3 4 5 6 7 8 9

My partner threatens negative consequences, and I give in or back down. 1 2 3 4 5 6 7 8 9

Verbal Aggression

I call my partner names, swear at them, or attack their character. 1 2 3 4 5 6 7 8 9

My partner calls me names, swears at me, or attacks my character. 1 2 3 4 5 6 7 8 9

Physical Aggression

I push, shove, slap, hit, or kick my partner. 1 2 3 4 5 6 7 8 9

My partner pushes, shoves, slaps, hits, or kicks me. 1 2 3 4 5 6 7 8 9

C. AFTER A DISCUSSION OF A RELATIONSHIP PROBLEM,

Very
Unlikely

Very
Likely

Mutual Understanding Both my partner and I feel understood by each other. 1 2 3 4 5 6 7 8 9

Mutual Withdrawal Both my partner and I withdraw from each other. 1 2 3 4 5 6 7 8 9

Mutual Resolution Both my partner and I feel that the problem has been solved. 1 2 3 4 5 6 7 8 9

Mutual Withholding Neither I nor my partner is giving to the other. 1 2 3 4 5 6 7 8 9

Mutual Reconciliation Both my partner and I try to be especially nice to each other. 1 2 3 4 5 6 7 8 9

Guilt/Hurt

I feel guilty for what I said or did while my partner feels hurt. 1 2 3 4 5 6 7 8 9

My partner feels guilty for what he or she said or did while I feel hurt. 1 2 3 4 5 6 7 8 9

Reconcile/Withdraw

I try to be especially nice and act as if things are back to normal, while my partner acts distant. 1 2 3 4 5 6 7 8 9

My partner tries to be especially nice and act as if things are back to normal, while I act distant. 1 2 3 4 5 6 7 8 9

Pressure/Resist

I pressure my partner to apologize or promise to do better, while my partner resists. 1 2 3 4 5 6 7 8 9

My partner pressures me to apologize or promise to do better, while I resist. 1 2 3 4 5 6 7 8 9

Support Seeking

I seek support from others (parent, friend, children, etc.) 1 2 3 4 5 6 7 8 9

My partner seeks support from others (parent, friend, children, etc.) 1 2 3 4 5 6 7 8 9