



COMMUNICATION PATTERNS QUESTIONNAIRE – SHORT FORM

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Directions: We are interested in how you and your partner typically deal with problems in your relationship. Please rate each item on a scale of 1 (= very unlikely) to 9 (= very likely).

A. WHEN THIS ISSUE OR PROBLEM ARISES

Very
Unlikely

Very
Likely

1. Mutual Avoidance.

1 2 3 4 5 6 7 8 9

Both my partner and I avoid discussing the problem.

2. Mutual Discussion.

1 2 3 4 5 6 7 8 9

Both my partner and I try to discuss the problem.

Discussion/Avoidance.

3. I try to start a discussion while

1 2 3 4 5 6 7 8 9

my partner tries to avoid a discussion.

4. My partner tries to start a discussion

1 2 3 4 5 6 7 8 9

while I try to avoid a discussion.

B. DURING A DISCUSSION OF THIS ISSUE OR PROBLEM

5. Mutual Expression.

1 2 3 4 5 6 7 8 9

Both my partner and I express our feelings to each other.

6. Mutual Blame.

1 2 3 4 5 6 7 8 9

Both my partner and I blame, accuse, and criticize one another.

- | | Very
Unlikely | | | | | | | | Very
Likely |
|---|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 7. <u>Mutual Negotiation</u>
Both my partner and I suggest possible solutions and compromises. | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> |
|
<u>Demand/Withdraw.</u> | | | | | | | | | |
| 8. I nag and demand while my partner withdraws, becomes silent, or refuses to discuss the matter further. | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> |
| 9. My partner nags and demands while I withdraw, become silent, or refuse to discuss the matter further. | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> |
|
<u>Criticize/Defend.</u> | | | | | | | | | |
| 10. I criticize while my partner defends himself or herself. | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> |
| 11. My partner criticizes while I defend myself. | 1 <input type="checkbox"/> | 2 <input type="checkbox"/> | 3 <input type="checkbox"/> | 4 <input type="checkbox"/> | 5 <input type="checkbox"/> | 6 <input type="checkbox"/> | 7 <input type="checkbox"/> | 8 <input type="checkbox"/> | 9 <input type="checkbox"/> |