

Communication Patterns Questionnaire – Short Form

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Directions: Think about how you and your partner typically deal with problems in your relationship. Please rate <u>each item</u> on a scale of 1 (= very unlikely) to 9 (= very likely).

A. WHEN THIS ISSUE OR PROBLEM ARIS	ES,		Very Unlil					Very Likely	/		
1. <u>Mutual Avoidance</u> . Both my partner and I avoid discussing the problem.	1	2	3	4	5	6	7	8	3)	
2. <u>Mutual Discussion</u> . Both my partner and I try to discuss the problem.	1	2	3	4	5	6	7	8	3	•	
 <u>Discussion/Avoidance</u> 3. I try to start a discussion while my partner tries to avoid a discussion. 	1	2	3	4	5	6	7	8	3	9	
4. My partner tries to start a discussion while I try to avoid a discussion.	1	2	3	4	5	6	7	8	8	9	
B. DURING A DISCUSSION OF THIS ISSUE OR PROBLEM,											
5. <u>Mutual Expression</u> . Both my partner and I express our feelings to each other.		1	2	3	4	5	6	7	8	9	
6. <u>Mutual Blame</u> . Both my partner and I blame, accuse, and criticize one another.		1	2	3	4	5	6	7	8	9	
7. <u>Mutual Negotiation</u> . Both my partner and I suggest possible solutions and compromises.		1	2	3	4	5	6	7	8	9	
 <u>Demand/Withdraw</u> 8. I nag and demand while my partner withdraws, becomes silent, or refuses to discuss the matter 		ner.	1	2	3	4	5	6	7	8	9
9. My partner nags and demands while I withdraw become silent, or refuse to discuss the matter fu		r.	1	2	3	4	5	6	7	8	9
Criticize/Defend 10. I criticize while my partner defends himself or	herse	elf.	1	2	3	4	5	6	7	8	9

11. My partner criticizes while I defend myself. 1	2		3	4	5	5	6	7	8	9			
Now look at your answers and compare notes. What a on in order to improve our communication skills?	areas	s do	o you	an	d yo	our	part	ner n	eed t	o wor	k		
<u>Criticize/Defend</u> I criticize while my partner defends himself or	r her	sel	f. 1		2	3		4	5	6	7	8	9
My partner criticizes while I defend myself.	1	2	3		4	4	5	6	7	8	9		
<u>Pressure/Resistance</u> 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. My partner expresses feelings while	1		2 2	3		1 1	5 5	6 6	7 7	8	9 9		
I offer reasons and solutions.	•		-	J		•	U	U		0	,		
<u>Threat/Back down</u> I threaten negative consequences, and my partner gives in or backs down.	1		2	3		4	5	6	7	8	9	1	
My partner threatens negative consequences, and I give in or back down.	1		2	3		4	5	6	7	8	9	I.	
<u>Verbal Aggression</u> I call my partner names, swear at them, or attack their character.	1		2	3	2	4	5	6	7	8	9		
My partner calls me names, swears at me, or attacks my character.	1		2	3	4	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	I	
My partner pushes, shoves, slaps, hits, or kick	s me	e.	1	2	3	3	4	5	6	7	8	ç	9
C. AFTER A DISCUSSION OF A RELATIONSH	IP F	PR	OBL	EM	I,								

		Ver Unl	y ikely		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		
<u>Guilt/Hurt</u> I feel guilty for what I said or did		1	2	3	4	5	6	7	8	9	
while my partner feels hurt. My partner feels guilty for what he or she said or did while I feel hurt. Reconcile/Withdraw		1	2	3	4	5	6	7	8	9	
I try to be especially nice and act as if the back to normal, while my partner acts of	0		1	2	3	4	5	6	7	8	9
My partner tries to be especially nice an as if things are back to normal, while I a			1	2	3	4	5	6	7	8	9
<u>Pressure/Resist</u> I pressure my partner to apologize or pro to do better, while my partner resists.	omis	se	1	2	3	4	5	6	7	8	9
My partner pressures me to apologize or to do better, while I resist.	r pro	omise	1	2	3	4	5	6	7	8	9
<u>Support Seeking</u> I seek support from others (parent, friend, children, etc.)				1 2	2 3	3 4	1 5	5 6	57	8	9
My partner seeks support from others (parent, friend, children, etc.)				1 2	2 3	3 4	4 :	5 6	57	8	9