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**COMMUNICATION PATTERNS QUESTIONNAIRE – SHORT FORM**

Andrew Christensen and Megan Sullaway

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).

1. **WHEN THIS ISSUE OR PROBLEM ARISES,** Very Very

Unlikely Likely

1. Mutual Avoidance. Both my partner and I 1 2 3 4 5 6 7 8 9

avoid discussing the problem.

1. Mutual Discussion. Both my partner and I try to 1 2 3 4 5 6 7 8 9

discuss the problem.

Discussion/Avoidance.

1. I try to start a discussion while 1 2 3 4 5 6 7 8 9

my partner tries to avoid a discussion.

1. My partner tries to start a discussion 1 2 3 4 5 6 7 8 9

while I try to avoid a discussion.

1. **DURING A DISCUSSION OF THIS ISSUE OR PROBLEM,**

1. Mutual Expression. Both my partner and I 1 2 3 4 5 6 7 8 9

express our feelings to each other.

1. Mutual Blame. Both my partner and I 1 2 3 4 5 6 7 8 9

blame, accuse, and criticize one another.

1. Mutual Negotiation. Both my partner and I 1 2 3 4 5 6 7 8 9

suggest possible solutions and compromises.

Demand/Withdraw.

1. I nag and demand while my partner 1 2 3 4 5 6 7 8 9

withdraws, becomes silent, or refuses

to discuss the matter further.

1. My partner nags and demands while I 1 2 3 4 5 6 7 8 9

withdraw, become silent, or refuse

to discuss the matter further.

Criticize/Defend.

1. I criticize while my partner 1 2 3 4 5 6 7 8 9

defends himself or herself.

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

defend myself.