

## Do You Have Communication Gaps?

**Step 1.** Mark each item twice: first, with an “X” to represent your partner’s *typical* communication; second, with an “O” (circle) to represent the behavior you *wish for*. The difference between *typical* and *wish for* is a communication gap.

*When you are with your partner, how often does he or she:*

	Seldom	Often	Gap
1. Speak for you, put words into your mouth?	1 2 3 4 5 6	_____	
2. Share feelings?	1 2 3 4 5 6	_____	
3. Interrupt you to take over the conversation?	1 2 3 4 5 6	_____	
4. Acknowledge your concerns?	1 2 3 4 5 6	_____	
5. Avoid issues?	1 2 3 4 5 6	_____	
6. Force decisions on you?	1 2 3 4 5 6	_____	
7. Understand your point of view?	1 2 3 4 5 6	_____	
8. Join in resolving issues together?	1 2 3 4 5 6	_____	
9. Discuss, but leave issues unresolved?	1 2 3 4 5 6	_____	
10. Carry on pleasant, fun conversation?	1 2 3 4 5 6	_____	
11. Argue and fight?	1 2 3 4 5 6	_____	
12. Send clear, straightforward messages?	1 2 3 4 5 6	_____	
<b>Total Gap Score</b>		_____	

**Step 2.** Sum the communication gaps for a Total Gap Score.

**Step 3.** Compare your Total Gap Score with your partner’s. (The lower each person’s Total Gap Score is below 20, the more satisfying and the better communication is together. The higher either score is above 20, the less satisfying and the more problematic communication is together.)

## To Close The Gaps

If you and your partner would like to communicate better, please contact iplanned4marriage at (252) 481-5679.

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