

Listening Ear Counselling & Consultancy Pte Ltd

Marital Communication Inventory

Instructions:

There are 46 statements in this form. Some of these statements may refer to the way you may be thinking and/or feeling about your spouse, some others may refer to the way you may communicating or interacting with your spouse. Please read each statement carefully and decide as to how often the content of the particular statement holds good in your case.

Please make sure that you do not leave any of the statements unanswered.

Please Circle the answer any of the four choices that follow each statement as applied to you. There is no right or wrong

Usually Sometimes Rarely Never
 U S R N

1	Do you and your spouse discuss the manner in which the family income should be spent ?	U	S	R	N
2	Does she/he discuss her/his work and interests with you?	U	S	R	N
3	Do you have a tendency to keep your feeling to yourself?	U	S	R	N
4	Is your spouse's tone of voice irritating	U	S	R	N
5	Does he/she have a tendency to say things which would be better left unsaid?	U	S	R	N
6	Do you find it necessary to keep after him/her about his/her faults ?	U	S	R	N
7	Are your mealtimes conversations easy and pleasant?	U	S	R	N
8	Does he/she seem to understand your feelings?	U	S	R	N
9	Does it upset you to a great extent when your spouse is angry with you?	U	S	R	N
10	Does he/she listen to what you have to say?	U	S	R	N
11	Does it upset you to a great extent when your spouse is angry with you?	U	S	R	N
12	Does he/she pay you compliments and says nice things to you?	U	S	R	N
13	It is hard to understand your spouse's feelings and attitudes?	U	S	R	N
14	Is he/she affectionate towards you?	U	S	R	N
15	Does he/she let you finish talking before responding to what you are saying?	U	S	R	N
16	Do you answer your spouse or remain quiet for long periods when you are angry with one another?	U	S	R	N
17	Does he/she allow you to pursue your own interests and activities even if they are different from his/hers?	U	S	R	N
18	Does he/she try to lift your spirits when you are depressed or discouraged?	U	S	R	N
19	Do you fail to express disagreement with him/her because your are afraid he/she will get angry?	U	S	R	N
20	Does your spouse complain that you don't understand him/her ?	U	S	R	N

21	Do you let your spouse know when you are displeased with him/her?	U	S	R	N
22	Do you feel he/she says one thing but really means another?	U	S	R	N
23	Do you help him/her understand you by saying how you think, feel and behave?	U	S	R	N
24	Do you and your spouse find it hard to disagree with one another with losing your tempers?	U	S	R	N
25	Do the two of you argue a lot about money?	U	S	R	N
26	When a problem arises that needs to be solved are you and your spouse able to discuss it together in a clam manner?	U	S	R	N
27	Do you find it difficult to express your true feelings to him/her?	U	S	R	N
28	Does she/he offer you cooperation, encouragement and emotional support in your role(duties as a husband/wife?	U	S	R	N
29	Does your spouse insult you when angry with you?	U	S	R	N
30	Do you and your spouse engage in outside activities and interests together?	U	S	R	N
31	Does your spouse accuse you of not listening to what he/she has to say?	U	S	R	N
32	Does he/she let you know that you are important to him/her?	U	S	R	N
33	Is it easier to confide in a friend rather than your own spouse?	U	S	R	N
34	Does your spouse confide in others rather than you?	U	S	R	N
35	Do you feel that in most matters your spouse knows what you are trying to say?	U	S	R	N
36	Does he/she monopolise that conversation very much?	U	S	R	N
37	Do you and your spouse talk about things which are of interest to both of you?	U	S	R	N
38	Does your spouse sulk or pout very much?	U	S	R	N
39	Do you discuss intimate matters with him/her?	U	S	R	N
40	Do you and your spouse discuss personal problems with each other?	U	S	R	N
41	Can your spouse tell what kind of day you have had without asking?	U	S	R	N
42	Does he/she fail to express feelings of respect and admiration for you?	U	S	R	N
43	Do you and spouse talk over pleasant things that happen during the day?	U	S	R	N
44	Do you hesitate to discuss certain things with your spouse because you are afraid that he/she might hurt your feelings?	U	S	R	N
45	Do you pretend you are listening to him/her when actually you are really not listening ?	U	S	R	N
46	Do the two of you ever sit down just to talk things over?	U	S	R	N