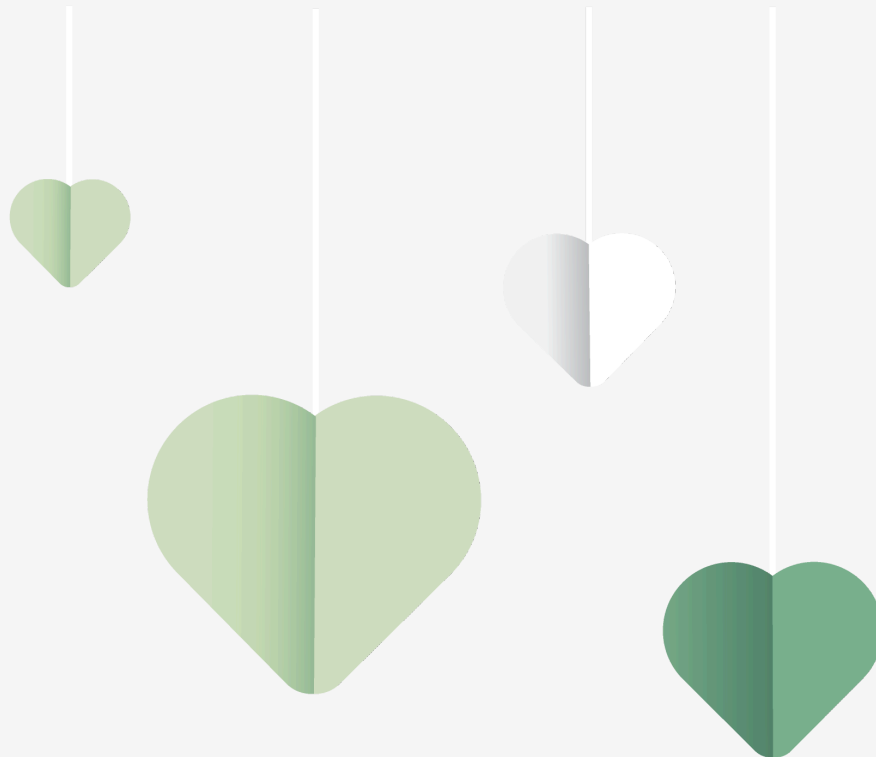




The Healing Collective

WORKSHEET:

Change Communication





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BELIEFS IMPACTING CHANGE

Please indicate how much you believe any of the statements below. Please be honest about how you feel

	Not at all	A little	Quite a bit	A lot
My partner is incapable of change.				
I cannot change.				
Our relationship has been bad for too long to change it now.				
I won't change until he/she does.				
I won't make an effort if she/he won't.				
My partner is not interested in changing/doesn't care enough about me/us				
If we talk about our relationship, it will get worse not better, as it will open up stuff best forgotten or ignored.				
It won't matter if he/she changes				
behaviors, it is the feelings and attitude that won't change.				
I don't feel any of it is my fault; he/she needs to change.				
My partner has serious problems that are responsible for our issues.				
This only postpones the inevitable, which is us splitting up.				
Since he/she hurt me, he/she deserves to be punished or suffer.				





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PROBLEMS IN COMMUNICATION

QUESTIONNAIRE

Rate each communication issue from 0-5 (0 = no problem, 5 = major problem).

COMMUNICATION ISSUE	YOUR PARTNER	WHAT YOUR PARTNER MIGHT SAY ABOUT YOU
Doesn't listen		
Talks too much/never gets to the point		
Avoids conflict		
Interrupts		
Nags		
Insists on being right		
Has to have last word		
Doesn't indicate agreement/ doesn't show interest		
Finds fault/criticizes frequently		
Gives advice too soon rather than listening		

