

My Communication Checklist

**A Powerful Way to Assess
Relationship Communication**



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MY COMMUNICATION CHECKLIST

1. When talking with my partner, I follow the adage, “Don’t rock the boat.” True False
2. I monopolize conversations and my partner gets no chance to speak. True False
3. If I think a conversation will be difficult, I avoid it. True False
4. Frequently, I can’t think of the right words for what I want to say. True False

5. I remain silent because I don’t think I have anything important to say. True False
6. I am too busy talking or doing things to really listen closely. True False
7. Discussing negative feelings just makes both of us feel worse. True False

8. I’m afraid that my partner will reject me if I am totally honest. True False
9. I rarely discuss important matters and concerns with my partner. True False
10. I frequently make jokes and tease at my partner’s expense. True False

11. I often lie by failing to bring up or omitting pertinent information. True False
12. I frequently speak defensively; that is, I rush to defend myself before I’ve even been accused. True False

13. It really bothers me a lot when my partner brings up problems. True False
14. I believe it is essential to tell my partner every complaint I have about him/her. True False

15. When complaining to my partner, I often say, “You always” or “You never”. True False
16. I keep what bothers me to myself so that I don’t hurt my partner. True False

17. I tend to make complaints in a upset, heated, accusative voice. True False
18. I don’t always do as I suggest that others do, or as I say I’ll do. True False

19. I don’t like having disagreements and arguments – I think these indicate that the relationship is in trouble. True False
20. Once I get wound up arguing, I often go too far. True False

21. I retaliate – if I’m hurt, I hurt back; if I feel insulted, I insult back. True False
22. When we disagree, I often throw up my partner’s past “offenses”. True False

23. When I argue, I rarely stick to one thing that’s wrong; I bring up everything that’s ever happened ... that I’ve continued to hold onto. True False
24. When I get upset and angry, I say things I don’t mean True False

25. I don’t think I should have to mention what’s upsetting me – I think my partner should just know what it is. True False

Scoring Key:

Give 4 points for each item to which you answered False.

0 points for each item to which you answered True.

100 – 81: You have serious problems with Communication

80 – 61: You are experiencing substantial Communication problems

60 – 29: You have moderate problems with Communication

28 – 0: You have problems that create difficulty with Communication

Problems with Communication can cause resentment and prevent your relationship from being as close as it could be. If you want your interactions with your partner to be more constructive and healthier, you **can** get help.

Life Coaching is a treatment modality that allows you and your partner to improve the quality of your relationship dynamics. Life Coaching works with both of you to develop new Communication tools – tools specifically designed to bring additional closeness and mutual respect to your relationship.

For more information, contact The Life Coach Dr., Marlene Shiple, Ph.D. at (602) 266 – 6662 or <http://helifecoachdr.com>. Do it today – the sooner you begin, the sooner you can enjoy greater success and enhanced intimacy ... together!

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