

Exercise: Communication

Relationship communication is about connecting with your partner by sharing your life experiences, feelings, thoughts, opinions and other areas that are important to you. By sharing with each other you connect at a deeper, more intimate level.

The following exercise will help you to identify some of your communication patterns and areas where communication is difficult. By identifying these patterns and challenges, you can begin to make positive changes in how you communicate. As you reflect on the statements in the exercise, whenever you answer “true”, write down a few sentences in a notebook about what you are feeling and observing.

1. I often find it difficult to express what I want to say. True False
2. I worry that if I become vulnerable in sharing with my partner I will be rejected. True False
3. I often don't offer my opinion because I think that I will have the wrong perspective. True False
4. Things will only get worse if I am assertive and speak up for myself. True False
5. My partner doesn't have a chance to share because I dominate the conversations by talking too much. True False
6. I don't look forward to communicating with my partner. True False
7. I tend to be argumentative. Once I start arguing I have trouble stopping. True False
8. My communication style is quite often defensive. True False
9. I frequently bring up the failures of my partner. True False
10. I tend to use anger when my partner is angry at me and I match insult with insult. True False
11. I find it difficult to listen attentively to my partner. True False
12. I tease my future spouse too much. True False
13. Some of the most important things are not discussed. True False
14. I often lie by omission or to protect myself. True False
15. I hate it when my partner brings up a problem. True False
16. When I have complaints about my partner's behaviour, appearance, opinions etc. I make sure I tell him just what I think. True False
17. When we discuss our negative opinions it makes the situation worse. True False
18. My partner should know what is bothering me and I shouldn't have to discuss it. True False