

Communication Skills Self-Assessment

Evaluate yourself on the following skills. Be rigorously honest. There is likely room for improvement.

Think about them in terms of *you really have* it or *you really don't*.

Following the assessment, you will be asked to **set 3 goals** for your future communication. Consider *choosing the ones that you really lack* or ones that if you just did a little better, would **make a big difference in the relationship**.

One of the biggest mistakes couples make is procrastinating. They think they have time and they don't. When there is a problem and you choose to not address it, very often the problem gets worse. You ignore it, not realizing that it is leading you down the path of resentment towards breakup and divorce. If you simply addressed it, it is much easier to fix. After ignoring it for a long time, most couples struggle to address it, let alone resolve the issue. Address it here and if you want help getting the skills where they need to be, give a call, schedule an appointment 585.544.5342

Feelings

- I can identify and express 50 feelings (expressing without spewing them)
- I can express those feelings with my face and other non-verbals matching the word
- When feelings get really strong, I remain able to listen to my partner
- I can easily and reliably identify when I am about to get angry, and stop myself
- I can stop myself from hurting the relationship when I find myself getting angry
- I regularly stop myself from saying mean things

Listening

- I regularly actively listen, without interrupting or judging.
- I listen to understand, not respond.
- I regularly paraphrase what I think I heard the other person say
- I regularly empathize with what the speaker has said and can validate.
- I can validate without the need to agree with the speaker
- I can create the right conditions for enjoyable conversation
- I use our differences to make interesting conversations rather than unpleasant arguments

Talking

- I know how to effectively repair the relationship, immediately after the incident
- I know how to communicate, and do so regularly, using I statements
- I express myself without blaming, criticizing or complaining
- I regularly catch myself, and stop, when I feel myself becoming defensive
- I can understand the other gender when they say something that is gender specific
- I regularly assert myself and my rights

- ___ I know how to reach out and emotionally connect with my partner
- ___ I avoid "talking at" my partner and instead learn the "talking with" that leads to closeness
- ___ I use conversation to sweep aside boredom and bring back interest

Negotiating Needs

- ___ I ask for what I need rather than complain
- ___ I receive what I need without interfering with it
- ___ Sexually, I feel comfortable asking for what I like/want
- ___ Financially, I feel comfortable discussing saving, and how we share our money
- ___ With chores, I feel comfortable negotiating a win-win
- ___ I take responsibility for my role in the relationship
- ___ I negotiate with integrity, in a way my partner appreciates
- ___ I negotiate having fun with my partner, at least once a week
- ___ I negotiate having fun alone at least once a week
- ___ I work out with my partner how to have fun with friends at least once a week
- ___ I am able to set up a time to go out, get a babysitter, if needed, arrange a place to go and how to get there, in a way that my partner appreciates
- ___ I use methods of negotiation with my partner based on a desire for mutual satisfaction
- ___ I influence my partner with integrity, honor, and directness
- ___ I understand which methods are likely to have a positive impact

Conflict

- ___ I initiate conversations about emotional issues in our relationship
- ___ I am excellent at resolving conflict at home
- ___ I am willing and able to work on my shortcomings in a way that my partner appreciates
- ___ I understand the role forgiveness plays in my life and relationship
- ___ I can read non-verbals 90% of the time and respond in a way my partner appreciates
- ___ I can increase my supportiveness when I think the situation calls for it
- ___ I am always open to feedback in a way my partner appreciates
- ___ I can choose to not take personally what is being said to me
- ___ I express resentments
- ___ I understand, respect, and work effectively with differences between me and my partner
- ___ I express my conflicts and upsets with my partner in ways less likely to create or recreate wounding
- ___ Identify and understand the effects of my childhood on my adult relationship choices and behaviors
- ___ I can identify the central wounds that play themselves out in most of my conflicts
- ___ I assert what I want, need, or prefer in ways respectful to myself and to my partner

Romance

- ___ I know how to build passion for my partner
- ___ I regularly celebrate my partner
- ___ I follow through so that my actions match my words (passion killer, if not)
- ___ I can honor my commitment to someone even when my feelings for him/her are not as strong as they used to be
- ___ I can develop a common vision for our future
- ___ I initiate learning about relationships, through books, articles and videos etc.
- ___ I can keep a conversation going
- ___ I am present and intimate with my partner
- ___ I can actively, compassionately, and effectively listen to my partner
- ___ I can be empathetic, and centered when my partner has gentle or strong feelings about an issue
- ___ I express my love and appreciation in ways that touch my partner's heart
- ___ I cultivate curiosity about my partner
- ___ I ask questions that unite instead of divide

Without overwhelming yourself, can you see that improving this category will provide benefits for the rest of your life, in most areas of your life. Good communication will serve you.

Notice how much overlap in those categories...

When you are building friendship, you are reducing the likelihood of unhealthy conflict. When you listen well, you are building emotional intimacy and the friendship itself.

When you follow through, you are communicating that their needs matter to you and that they can rely on you.

Choose or create a goal that will catch your interest, inspire you and motivate you to reach for it when you are discouraged.

Now, you just need to complete the plan to reach that goal. Goal setting and evaluation is a key component in holding yourself accountable. Keep looking at your goals and measuring your progress. Get the results you want!

Want help setting this up? Give me a call and we can work together to set this up, figure out how to measure it and keep on track of it with feedback loops and a booster- 585.544.5342