



Two Churches, One Marriage

Communication: Opening the Door to Understanding



Discovery

Step One:

Each of you should complete the following inventory to assess the quality of your communication with one another. Please complete your inventory without consulting with your partner.

Please indicate whether you strongly agree, agree, disagree, or strongly disagree with each of the following statements:

I can easily share my thoughts or feelings with my partner.	Strongly Agree	Agree	Disagree	Strongly Disagree
My partner can easily share his/her thoughts or feelings with me.	Strongly Agree	Agree	Disagree	Strongly Disagree
My partner frequently misinterprets what I say.	Strongly Agree	Agree	Disagree	Strongly Disagree
My partner would say that I frequently misinterpret what he or she is saying.	Strongly Agree	Agree	Disagree	Strongly Disagree
It is easy for me to share with my partner when I'm hurt or afraid.	Strongly Agree	Agree	Disagree	Strongly Disagree
It is easy for my partner to share with me when he or she is hurt or afraid.	Strongly Agree	Agree	Disagree	Strongly Disagree
My partner is a good listener.	Strongly Agree	Agree	Disagree	Strongly Disagree
My partner would say that I am a good listener.	Strongly Agree	Agree	Disagree	Strongly Disagree
I often feel attacked when my partner complains about something.	Strongly Agree	Agree	Disagree	Strongly Disagree
My partner often feels attacked when I complain to him or her about something.	Strongly Agree	Agree	Disagree	Strongly Disagree



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Step Two:

Compare your answers to those of your partner. Are there any items where you and your partner answered much differently? Share with one another why you answered the way that you did, particularly on items where you and your partner answered differently.

Step Three:

Agreement with statements 1, 2, 5, 6, 7, and 8 reflects good communication skills, while disagreement reflects a possible area in which to develop better communication skills. Disagreement with statements 3, 4, 9, and 10 also reflects good communication skills, while agreement with these items reflects potential areas of concern. Use the inventory as a guide to identify areas of strength and areas that need improvement in terms of your communication skills.