

QUESTIONS

- Speak for your partner – put words into his or her mouth? Rarely – Sometimes - Often
- Use your full awareness to reflect on an issue? Rarely – Sometimes - Often
- Share your feelings? Rarely – Sometimes - Often
- Disclose your needs and wants? Rarely – Sometimes - Often
- Listen briefly, then begin talking? Rarely – Sometimes - Often
- Acknowledge what your partner is feeling? Rarely – Sometimes - Often
- Acknowledge your partner's needs and wants? Rarely – Sometimes - Often
- Invite / encourage your partner to expand on his or her point? Rarely – Sometimes - Often
- Ask what your partner is thinking, feeling, and needing / wanting? Rarely – Sometimes - Often
- Summarize your partner's messages to ensure accuracy? Rarely – Sometimes - Often
- Avoid issues? Rarely – Sometimes - Often
- Propose a good time and place to discuss important issues? Rarely – Sometimes - Often
- Force decisions on your partner? Rarely – Sometimes - Often
- Give in to your partner's decisions? Rarely – Sometimes - Often
- Talk about issues but leave them unresolved? Rarely – Sometimes - Often
- Admit mistakes and take responsibility? Rarely – Sometimes - Often
- Resolve issues with understanding and consideration? Rarely – Sometimes - Often
- Have pleasant, fun conversations? Rarely – Sometimes - Often
- Direct or instruct your partner? Rarely – Sometimes - Often
- Argue and fight? Rarely – Sometimes - Often
- Blame or attack your partner directly? Rarely – Sometimes - Often
- Make spiteful, undercutting remarks indirectly? Rarely – Sometimes - Often
- Explore possible causes of an issue? Rarely – Sometimes - Often
- Brainstorm solutions to an issue? Rarely – Sometimes - Often
- Send clear, complete, and straightforward messages? Rarely – Sometimes - Often