

PERSONAL EVALUATION OF YOUR COMMUNICATION

THINGS TO AVOID

1. DO YOU SHUT DOWN IN SILENCE? **(YES OR NO)**.
2. DO YOU MODIFY YOUR BEHAVIOR IN THE RELATIONSHIP WHEN YOU ARE UNSUCCESSFUL AT COMMUNICATING YOUR VIEW OR YOU BELIEVE YOU HAVE NOT BEEN HEARD? **(YES OR NO)**.
3. DO YOU RAGE? **(YES OR NO)**.
4. DO YOU OVERWHELM YOUR PARTNER BY ADDRESSING TOO MANY TOPICS AT ONCE? **(YES OR NO)**.
5. DO YOU INTERRUPT WHILE THE SPEAKER IS SPEAKING? **(YES OR NO)**.
6. DO YOU ASK WHY QUESTIONS? **(YES OR NO)**.
7. DO YOU CRITICIZE WHAT YOUR PARTNER THINKS OR DOES? **(YES OR NO)**.
8. DO YOU ATTACK YOUR PARTNER? **(YES OR NO)**.
9. DO YOU ATTRIBUTE MOTIVES TO YOUR PARTNER'S BEHAVIOR? **(YES OR NO)**.
10. DO YOU DEFEND YOURSELF UNNECESSARILY? **(YES OR NO)**.
11. DO YOU MINIMIZE WHAT YOUR PARTNER SAYS? **(YES OR NO)**.
12. DO YOU FIND YOURSELF SAYING "YOU ALWAYS... OR YOU NEVER..." **(YES OR NO)**.
13. DO YOU PURPOSEFULLY OMIT OR PERFORM ACTIONS IN ORDER TO CAUSE SOMEONE PAIN OR DISCOMFORT? **(YES OR NO)**.

