

# PERSONAL EVALUATION OF YOUR COMMUNICATION

## THINGS TO INITIATE

1. DO YOU GO TO THE SENDER OF THE MESSAGE TO SEEK CLARIFICATION REGARDING its INTENT? **(YES OR NO).**
2. DO YOU GIVE YOUR PARTNER YOUR FULL ATTENTION WHEN HE/SHE IS SPEAKING TO YOU? **(YES OR NO).**
3. DO YOU LISTEN WITH EMPATHY ENGAGE WITHOUT CONTEMPT? **(YES OR NO)**
4. DO YOU ASK YOUR PARTNER HOW HE/SHE WAS FEELING REGARDING THE ISSUE AT HAND? **(YES OR NO).**
5. DO YOU LOOK YOUR PARTNER IN THE EYE WHEN YOU ARE SPOKEN TO? **(YES OR NO).**
6. DO YOU REPEAT YOUR UNDERSTANDING OF WHAT YOU HEARD THE SPEAKER SAY? **(YES OR NO).**
7. WHEN YOU DISAGREE DO YOU FERRET OUT THE TRUTH IN YOUR PARTNERS POSITION AND ADMIT THAT THEY ARE RIGHT. **(YES OR NO).**
8. DO YOU SAY "YOU ARE RIGHT" WHEN THE SPEAKER IS RIGHT? **(YES OR NO).**
9. DO YOU SAY, "I FORGIVE YOU?" **(YES OR NO).**
10. DO YOU SAY "I AM SORRY" FOR THE WRONG DOING? **(YES OR NO).**
11. DO YOU CHALLENGE YOUR PARTNER TO FORGIVE BY ASKING "WILL YOU FORGIVE ME FOR THE MISTAKE **(MATTHEW 6:14)**?" **(YES OR NO).**
12. DO YOU STICK TO ONE SUBJECT AT A TIME? **(YES OR NO)** IF NOT, THEN START.
13. DO YOU ASK TO BE SPOKEN TO IN A CALMER, MORE RESPECTFUL MANNER?  
**(YES OR NO).**
14. DO YOU SET ANOTHER TIME TO GET TOGETHER AND TALK IF YOU FIND YOU ARE UNABLE TO? **(YES OR NO).**

