

Communication Skills

The following activity will help you evaluate your communication skills in preparation for marriage. Working with your engagement simulation partner, have a discussion about a relevant topic (finances, where to live, educational goals, career decisions, household duties, or whether or not to have children). Then read each statement. Place a check in the column that best represents how you feel about the statement.

	Usually	Sometimes	Rarely
1. We are comfortable sharing personal thoughts and feelings.	_____	_____	_____
2. We do not criticize each other's points of view.	_____	_____	_____
3. We actively listen to each other and do not speak above each other.	_____	_____	_____
4. We keep our problems and discussion private and do not share with friends or family members.	_____	_____	_____
5. The way we communicate keeps our relationship positive.	_____	_____	_____
6. We are able to communicate, with few misunderstandings.	_____	_____	_____
7. We both insist on listening to each other's point of view.	_____	_____	_____
8. We do not bring up past seemingly related conflicts when dealing with current issues.	_____	_____	_____

Explain how the above characteristics increase the success of a marriage relationship. _____

Explain how the following poor communication skills could affect the success of a marriage relationship.

A. Every time you have a disagreement, your partner yells at you and uses profanity. _____

B. Your partner only considers his or her point of view and dismisses your opinions and feelings. _____

C. Your partner uses the silent treatment after an argument. _____

D. Your partner confides with a co-worker your secrets and he/she tells everyone in the office. _____

E. Your partner always blames you for the problems and uses words like “You never and you always” _____

Summary sentence:

