



Communication Effectiveness Inventory

Circle the best answer (“True” or “False”) for each of the statements below as they apply to your marriage relationship in general. (Continues on the next page)

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| 1. I feel criticized by my spouse. | TRUE FALSE |
| 2. When I share my feelings with my spouse, I feel understood and supported. | TRUE FALSE |
| 3. I feel that my spouse does not listen to me. | TRUE FALSE |
| 4. My spouse shares his or her insecurities with me. | TRUE FALSE |
| 5. I would rather tell a small lie than get into an argument. | TRUE FALSE |
| 6. I feel refreshed when I have time alone with my spouse. | TRUE FALSE |
| 7. My spouse finishes my sentences for me. | TRUE FALSE |
| 8. We are generally able to work through disagreements without much trouble. | TRUE FALSE |
| 9. It is not easy for me to share my feelings with my spouse. | TRUE FALSE |
| 10. I feel respected by my spouse. | TRUE FALSE |
| 11. When I bring up a problem with my spouse, he or she often turns it around on me. | TRUE FALSE |
| 12. I feel appreciated. | TRUE FALSE |
| 13. We don't agree very often. | TRUE FALSE |
| 14. We enjoy going out on dates just the two of us. | TRUE FALSE |
| 15. I feel that my spouse does not give me credit for much. | TRUE FALSE |
| 16. I feel loved. | TRUE FALSE |
| 17. My spouse does not like to share what is on his or her mind. | TRUE FALSE |
| 18. My spouse understands me. | TRUE FALSE |
| 19. We tend to have unresolved disagreements. | TRUE FALSE |
| 20. We generally have effective communication. | TRUE FALSE |
| 21. My spouse does not give their undivided attention when I talk to them. | TRUE FALSE |
| 22. My spouse asks for my opinion. | TRUE FALSE |
| 23. During disagreements, we will shout at each other. | TRUE FALSE |
| 24. I feel that we are on the same team most of the time. | TRUE FALSE |
| 25. We fight in front of our children. | TRUE FALSE |
| 26. I am honest with my spouse. | TRUE FALSE |
| 27. Our communication is frustrating to me. | TRUE FALSE |



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| 28. I feel trusted by my spouse. | TRUE FALSE |
| 29. My spouse gives me the “silent treatment.” | TRUE FALSE |
| 30. My spouse values my opinions. | TRUE FALSE |
| 31. My spouse interrupts me. | TRUE FALSE |
| 32. I am able to give input to my spouse on the projects he or she is working on. | TRUE FALSE |
| 33. Our communication is mostly superficial. | TRUE FALSE |
| 34. I feel encouraged by my spouse. | TRUE FALSE |
| 35. I feel that I am not allowed to think for myself. | TRUE FALSE |
| 36. My spouse gives me valuable feedback. | TRUE FALSE |
| 37. Our personality styles cause conflict in our marriage. | TRUE FALSE |
| 38. My spouse has good listening skills. | TRUE FALSE |
| 39. My spouse tells me what to do. | TRUE FALSE |
| 40. I feel connected with my spouse. | TRUE FALSE |

Count the odd numbered questions you answered “False” and enter the total here: _____

Count the even numbered questions you answered “True” and enter the total here: _____

Add the scores and enter the total here: _____

Scoring:

- 30–40: Your communication is excellent; keep it up!
- 20–29: Your communication is good; continue to work at it.
- 10–19: Your communication needs work; you may want to do further study in a book from the resource section at the end of this manual.
- Below 10: You should seek out a counselor to help you learn some basic communication skills.

The purpose of this inventory is to give you an idea about where your communication skills are presently. Communication is a learned skill; *you can improve*. Please do not use this inventory to attack your spouse for his or her poor communication habits. Excellent communication requires two strong communicators. Poor communication takes two poor communicators. Your score depends on the two of you and the two of you will be able to improve it.

Suggested exercise: Agree as a couple to work on improving your communication. Each spouse should pick two of the 40 items in this inventory to work on; one for you and one for your spouse. Agree to work on whichever item your spouse picks for you and seek to improve in those two areas. It can be daunting to work on 40 things, but we all can work on two and if both husband and wife are working on two things each, you are now working on four things together and that *will* improve your communication.