Emotional Cartoons

This is a difficult thing to talk about at times – how someone we care about hurts us or how we hurt them. Remember, the goal here is to bring it all out on the table now so we can see everything as clearly as possible. ps – when you see "spouse" below, think "fiancé."

Communication Measures

Below is a list of items on communication between you and your spouse. Using the scales described below, fill in the blank space next to each item with the number which best represents the extent to which you and your spouse behave in the specified way.

1 Strongly Agree	2 Moderately agree	3 Neither agree nor disagree	4 Moderately disagree	5 Strongly Disagree

1. I find it hard to tell my husband (wife) certain things because I am not sure how he (she) will react.	
2. I often find myself saying the wrong thing to my husband (wife).	
3. Even though we are married, I often feel my husband (wife) and I are strangers.	
4. I feel confident that I know how my husband (wife) would react if I told him (her) the most intimate detail about myself.	
5. I often find that my husband (wife) and I make a lot of "small talk" but we rarely if ever discuss intimate personal matters.	
6. I have a hard time discussing personal matters with my spouse.	
7. To really know a person you have to be aware of all his/her values and beliefs.	
8. In order to understand why a person feels the way s/he does about things, it is vital to get to know the person as an individual.	
9. I am afraid to tell my spouse some of the things about our relationship that I would tell my closest friends.	
10. My spouse and I cannot talk about our communication problems.	
11. If my spouse and I get into an argument, we are able to find out how the disagreement came about.	
12. To really get to know a person, you must find out what makes him/her "tick" as an individual.	
13. It is very easy for me to express all my true feelings to my partner.	
14. When we are having a problem, my partner often gives me the silent treatment.	
15. My partner sometimes makes comments which put me down.	
16. I am sometimes afraid to ask my partner for what I want.	
17. I wish my partner was more willing to share his/her feelings with me.	
18. Sometimes I have trouble believing everything my partner says to me.	
19. I often do not tell my partner what I am feeling because he/she should already know.	
20. I am very satisfied with how my partner and I talk with each other.	
21. I do not always share negative feelings I have about my partner because I am afraid he/she will get angry.	
22. My partner is always a good listener.	

Did any of your fiance's answers surprise you? Did any of your answers surprise you? Star items that would be worth talking about during our session.

This is a chance for the two of you to think through not just how much you communicate and talk with each other, but the content of what you talk about as well.

1 Almost never	2 Once in a while	3 Sometimes	4 Frequency	5 Almost always

1. How often do you and your spouse talk over pleasant things that happen during the day?	
2. How often do you and your spouse talk over unpleasant things that happen during the day?	
3. Do you and your spouse talk over things you disagree about or have difficulties over?	
4. Do you and your spouse talk about things in which you are both interested?	
5. Does your spouse adjust what he/she says and how he/she says it to the way you seem to feel at the moment?	
6. When you start to ask a question, does your spouse know what it is before you ask it?	
7. Do you know the feelings of your spouse from his/her facial and bodily gestures?	
8. Do you and your spouse avoid certain subjects in conversation?	
9. Does your spouse explain or express himself/herself to you through a glance or gesture?	
10. Do you and your spouse discuss things together before making an important decision?	
11. Can your spouse tell what kind of day you have had without asking?	
12. Your spouse wants to visit some close friends or relatives. You don't particularly enjoy their company. Would you tell him/her this?	
13. Does your spouse discuss matters of sex with you?	
14. Do you and your spouse use words which have a special meaning not understood by outsiders?	
15. How often does your spouse sulk or pout?	
16. Can you and your spouse discuss your most sacred beliefs without feelings of restraining or embarrassment?	
17. Do you avoid telling your spouse things that put you in a bad light?	
18. You and your spouse are visiting friends. Something is said by the friends which causes you to glance at each other. Would you understand each other?	
19. How often can you tell as much from the tone of voice of your spouse as from what he/she actually says?	
20. How often do you and your spouse talk with each other about personal problems?	
21. Do you feel that in most matters your spouse knows what you are trying to say?	
22. Would you rather talk about intimate matters with your spouse than with some other person?	

1 Almost never	2 Once in a while	3 Sometimes	4 Frequency	5 Almost always

23. Do you understand the meaning of your spouse's facial expressions?	
24. If you and your spouse are visiting friends or relatives and one of you starts to say something, does the other take over the conversation without the feeling of interruption?	
25. During marriage, have you and your spouse, in general, talked most things over together?	
26. How often do you and your spouse discuss the way you would like your marriage to be five years from now?	
27. How often do you and your spouse make deliberate, intentional changes in order to strengthen your relationship?	
28. How often do you and your spouse make specific changes in your priorities in order to enhance your marriage?	
29. To what extent do you think you and your spouse agree on long-term goals for your marriage?	
30. How often does your spouse make a deliberate effort to learn more about you so he (she) can be more pleasing to you?	
31. How often does your spouse consider specific ways in which he (she) can change in order to improve your relationship?	
32. How often do you and your spouse discuss the primary objectives you have for your relationship/marriage?	

Adapted from the following sources: deTurck, M. A., & Miller, G. R. (1986). Conceptualizing and measuring social cognition in marital communication: A validation study. *Journal of Applied Communication Research, 14*(2), 69-85.

Tzeng, O. C. S. (1993). *Measurement of love and intimate relations.* Westport, CT.: Greenwood Publishing Group, Inc.

Corcoran, K., & Fischer, J. (2000). *Measures for clinical practice: A sourcebook* (Vol. 1). New York, NY: The Free Press.

Score the answers for each of you separately. Add up the number for each of the questions.

Man's total: _____ Woman's total: _____

Scores will vary between 32 (you should definitely not get married) to 160 (you lie like a rug).

What does your score tell you about your communication as a couple?

What areas would you like to communicate about more?

What would help you to grow in your communication with your fiancé?