

COMMUNICATION INVENTORY

Where do you stand?

When assessing our communication skills, self-reflection can only go so far. The ability to communicate effectively is measured best by others. You may have the best of intentions, but if the one you are trying to communicate with does not understand you, the communication has failed. That is why there are two parts to this assignment. Complete the first page and assess yourself. Complete the second page and assess your spouse. Follow the rules of communication in filling out your spouse's form (a.k.a. Be Honest)! After you are both finished, share your responses and talk about the results in a loving way. This is an opportunity to learn and improve your communication skills.

Rate your skill at applying the following Biblical communication principles by checking the appropriate box:

COMMUNICATION PRINCIPLE	RATING SCALE		
	NOT OFTEN	SOMETIMES	USUALLY
COMMUNICATE: You take the time to talk to your spouse and do this daily whenever possible			
WORDS: You wisely choose words that are kind and encourage your spouse to communicate			
NON-VERBAL: You maintain eye contact and control your facial expressions, posture, gestures and physical contact providing positive encouragement to communication			
TONE: You do not raise your voice but instead speak in a controlled and pleasant tone			
HONESTY: You take care to speak the truth and would not consider bending the truth or lying to make yourself look better			
LISTENING: You actively listen to your spouse and do not interrupt when they are speaking			
ATTACK THE PROBLEM: You do not attack people but instead focus on the problem			
ACTION: You do not react to problems/issues but deliberately plan what actions need to be put-off and what actions need to be put-on			
TIMELINESS: You deal with problems/issues in a timely manner and do not let them pile up			
YOUR HEART: You guard the thoughts of your heart to make sure you are always looking at issues and problems from God's perspective			
PRAYER: You ask for God's help on a regular basis to make your communication with your spouse what God wants it to be			

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Where do you stand?

Rate your spouse's skill at applying the following Biblical communication principles by checking the appropriate box:

COMMUNICATION PRINCIPLE	RATING SCALE		
	NOT OFTEN	SOMETIMES	USUALLY
COMMUNICATE: Your spouse takes the time to talk to you and does this daily whenever possible			
WORDS: Your spouse wisely choose words that are kind and encourage you to communicate			
NON-VERBAL: Your spouse maintains eye contact and controls their facial expressions, posture, gestures and physical contact providing positive encouragement to communication			
TONE: Your spouse does not raise their voice to you but instead speaks in a controlled and pleasant tone			
HONESTY: Your spouse takes care to speak the truth and would not consider bending the truth or lying to make them self look better			
LISTENING: Your spouse actively listens to you and does not interrupt when you are speaking			
ATTACK THE PROBLEM: Your spouse does not attack people but instead focuses on the problem			
ACTION: Your spouse does not react to problems/issues but deliberately plans what actions need to be put-off and what actions need to be put-on			
TIMELINESS: Your spouse deals with problems/issues in a timely manner and does not let them pile up			
YOUR HEART: Your spouse guards the thoughts of their heart to make sure they are always looking at issues and problems from God's perspective			
PRAYER: Your spouse asks for God's help on a regular basis to make their communication with you what God wants it to be			

Any comments you might have: