

COMMUNICATION INVENTORY

INSTRUCTIONS: Please answer each question as quickly as you can according to the way you feel at the moment (not the way you usually feel or felt last week). There are no right or wrong answers.

There are a variety of statements about how you communicate with another person. Consider each numbered statement with reference to your present relationship with _____. Mentally place his/her name in the space provided.

Check under each statement the category that applies:

	USUALLY	SOME- TIMES	SELDOM	NEVER
1. Do you and _____ discuss the manner in which shared income should be spent?	_____	_____	_____	_____
2. Does _____ discuss his/her work and interests with you?	_____	_____	_____	_____
3. Do you have a tendency to keep your feelings to yourself?	_____	_____	_____	_____
4. Is _____'s tone of voice irritating?	_____	_____	_____	_____
5. Does _____ have a tendency to say things which would be better left unsaid?	_____	_____	_____	_____
6. Are mealtime conversations easy and pleasant?	_____	_____	_____	_____
7. Do you find it necessary to keep after _____ about his/her faults?	_____	_____	_____	_____
8. Does _____ seem to understand your feelings?	_____	_____	_____	_____
9. Does _____ nag you?	_____	_____	_____	_____
10. Does _____ listen to what you have to say?	_____	_____	_____	_____
11. Does it upset you to a great extent when _____ is angry with you?	_____	_____	_____	_____
12. Does _____ pay you compliments and say nice things to you?	_____	_____	_____	_____
13. Is it hard to understand _____'s feelings and attitudes?	_____	_____	_____	_____
14. Is _____ affectionate toward you?	_____	_____	_____	_____
15. Does _____ let you finish talking before responding to what you are saying?	_____	_____	_____	_____
16. Do you and _____ remain silent for long periods when you are angry with one another?	_____	_____	_____	_____
17. Does _____ allow you to pursue your own interests and activities even if they are different from his/her's?	_____	_____	_____	_____
18. Does _____ try to lift your spirits when you are depressed or discouraged?	_____	_____	_____	_____
19. Do you fail to express disagreement with _____ because you are afraid he/she will get angry?	_____	_____	_____	_____
20. Does _____ complain that you don't understand	_____	SOME- TIMES	SELDOM	NEVER
	USUALLY	_____	_____	_____

him/her?

- | | | | | |
|---|-------|-------|-------|-------|
| 21. Do you let _____ know when you are displeased with him/her? | _____ | _____ | _____ | _____ |
| 22. Do you feel _____ says one thing but really means another? | _____ | _____ | _____ | _____ |
| 23. Do you help _____ understand you by saying how you think, feel, and believe? | _____ | _____ | _____ | _____ |
| 24. Do you and _____ find it hard to disagree with one another without losing your temper? | _____ | _____ | _____ | _____ |
| 25. Do the two of you argue a lot over money? | _____ | _____ | _____ | _____ |
| 26. When a problem arises that needs to be solved are you and _____ able to discuss it together in a calm manner? | _____ | _____ | _____ | _____ |
| 27. Do you find it difficult to express your true feelings to _____? | _____ | _____ | _____ | _____ |
| 28. Does _____ offer you cooperation, encouragement, and emotional support in your duties as a partner? | _____ | _____ | _____ | _____ |
| 29. Does _____ insult you when angry with you? | _____ | _____ | _____ | _____ |
| 30. Do you and _____ engage in outside interests and activities together? | _____ | _____ | _____ | _____ |
| 31. Does _____ accuse you of not listening to what he/she says? | _____ | _____ | _____ | _____ |
| 32. Does _____ let you know that you are important to him/her? | _____ | _____ | _____ | _____ |
| 33. Is it easier to confide in a friend rather than _____? | _____ | _____ | _____ | _____ |
| 34. Does _____ confide in others rather than in you? | _____ | _____ | _____ | _____ |
| 35. Do you feel that in most matters _____ knows what you are trying to say? | _____ | _____ | _____ | _____ |
| 36. Does _____ monopolize the conversation very much? | _____ | _____ | _____ | _____ |
| 37. Do you and _____ talk about things which are of interest to both of you? | _____ | _____ | _____ | _____ |
| 38. Does _____ sulk or pout very much? | _____ | _____ | _____ | _____ |
| 39. Do you discuss intimate matters with _____? | _____ | _____ | _____ | _____ |