

CONFLICT & COMMUNICATION WORKSHEET

- A. List five things that you could discuss with your mate. Now plunge in and seek a good time to actually communicate.
- B. Evaluate your conversation. (Perhaps you should make a tape recording of some of your ordinary family conversation. Then listen to yourself.) Answer the following questions about your conversation by using this rating scale:
0 = never, 1 = seldom, 2 = sometimes, 3 = frequently, 4 = always. Circle the questions where improvement is needed.
1. Do you really show an interest in what others are saying (——) or are you interested only in what you are talking about? .——
 2. Are you a know-it-all? __
 3. Is your voice pleasant, gentle, and friendly? ——
 4. Do you say things clearly and simply so that others can understand? __ Are you lovingly honest or evasive and untrue? —— Are you open or secretive? —— Do you often send backdoor messages? ——
 5. Are you predominantly appreciative and affirmative (——) or critical and negative? ——
 6. Do you encourage others (___) or belittle them? ——
 7. Is your family better because of your involvement with them? —— How?
 8. Does your family feel free to be honest and open with you? —— Is it safe for them to tell you the truth about you as they see it (——) or do they have to fear speaking the truth to you? ——
 9. Do you tend to dominate a conversation in which you are involved? —— Do you ever "whip into silence" by your tone or reaction? ——
 10. Are you willing to listen to opinions that are different from yours and not be threatened by them? __ Are you a highly opinionated, prejudiced person? ——
 11. When others want to talk to you, do you give them your undivided attention (___) or are you usually too busy? ——
 12. Do you consider communication with your family to be a priority matter? __ Is it more important to you than watching TV? —— Than reading the newspaper? —— Than going fishing? —— Than taking a nap? __ If you had to choose between talking to your family and doing one of the aforementioned things, would you usually choose talking to your family? ——
 13. Are you often not in the mood to talk? —— Do you give in to your moods (___) or deny yourself and focus on the "needs of others? ——
 14. Are you frequently sarcastic and nasty in your speech (——) or do you usually use wholesome gracious, considerate, and respectful speech? ——
 15. Are you usually cheerful and bright (——) or overly serious and somber? —— Do you usually have a merry heart (——) or a sullen spirit? __
 16. Do you nag? __
 17. Do you lecture or moralize? ——
 18. Do you sometimes exaggerate problems, or the other person's faults, etc? __
 19. Do you sometimes mind-read, read into the other person's words- and accuse him/her of meaning things he/she didn't really say? __
 20. Do you insist on having the last word? ——
 21. Do you make time to communicate on a daily basis? __
 22. Do you often bring up the other person's past mistakes? ——