**Couples Communication Quiz**

All couples have conflict and communication issues in their marriages. Research shows that communication is the number one problem couples bring up in when they go to marriage counseling. Despite the abundance of communication issues negatively impacting marriages, few couples actually take the threat seriously enough to do something about it. Because all humans are prone to ignore many of the signs of communication problems, I’ve put together this questionnaire to assess the health of communication in your relationship.

**Answer each question according to the way you feel. Answer true if it is at least somewhat true for you. Answer false if it is not very true or not at all true for you.**

Have you noticed that little issues in your relationship can quickly turn into big issues? **T F**

Are there topics you feel are unsafe to bring up with your spouse? **T F**

Does it feel uncomfortable to be alone with your partner when no one is talking? **T F**

Do you feel your partner makes up stories about you or embellishes the information they have? **T F**

Do you feel like your partner chooses to see you in the most negative way possible? **T F**

Does your partner give you the benefit of the doubt like they used to? **T F**

Do you feel like you aren’t as connected and close as you once were? **T F**

Does your partner regularly answer your questions with an “I don’t know”? **T F**

Does the idea of having a conflict with others threaten your sense of security? **T F**

Do you feel like your partner just doesn’t know who you are anymore? **T F**

Do you avoid sharing your deepest feelings because you’re afraid they’ll be misunderstood? **T F**

Do you feel like you’re uninformed or “out of the loop” in their life of your partner? **T F**

Do you feel like the only time your partner talks is when you ask questions? **T F**

Does your partner seem to communicate more openly and deeply with others than with you? **T F**

Do you or your partner’s emotions (anger, sadness, frustration) escalate quickly? **T F**

Do you feel like you can’t say or do anything right in the eyes of your partner? **T F**

Do you find yourself regularly wondering what is really going on in the head of your partner? **T F**

Do you regularly hear only one-word answers from your partner? **T F**

Do you feel like your partner just doesn’t care about your opinions or concerns? **T F**

Do you feel desperate to talk with another person? **T F**

Are you noticing more topics have become negatively skewed between you and your partner? **T F**

Have you started to wonder if you really want to be married at all? **T F**

Do you have a something you want to share but feel like you just don’t know how to do it? **T F**

Did you see your parents openly resolve the conflicts in their marriage? **T F**

Is the insecurity of having unsettled issues with your partner more acceptable than the fear of being rejected? **T F**

Does conflict with your partner feel like a permanent problem more than a temporary one? **T F**

Can you or your partner go for days without talking to each other when angry or offended? **T F**

Do your parents or your partner’s parents have problems resolving conflict with others? **T F**

Do you or your partner threaten to end the relationship in the middle of conflict? **T F**

Do your children or others comment on how poorly you and your spouse communicate? **T F**

**Totals T=\_\_\_\_\_ F= \_\_\_\_\_**

Although answering yes to a handful of these questions may signal you have some things you need to look at, **answering True to 8 or more questions should be taken as a sign that it’s time to take your talk more seriously.** Make the choice to improve your communication by reading a book on the subject, taking a class, or finding a professional that can help you improve your ability to actually connect through communication. It will be the best thing you could ever do for yourself, your marriage and your family!