

## Analyzing the Communication in Your Marriage

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On a scale of 1-10 (1 = horrible, 10 = perfect), how would you rate the communication in your marriage? \_\_\_\_\_

What about the communication in your marriage made you answer with that number?

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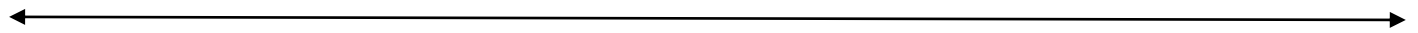
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Each individual has a basic pattern of expressiveness when it comes to communication. One is neither right nor wrong; each is simply different. However, to effectively communicate with your spouse, you both will need to account for the differences between you. Place an **X** where you think you fall, and place an **O** where you think your spouse falls.

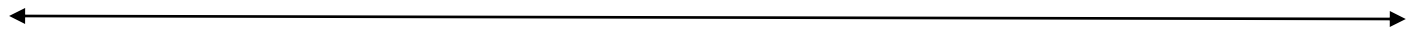
**Fact Oriented**

**Feeling Oriented**



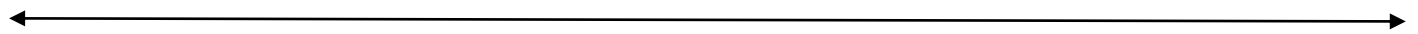
*Rational and Logical*

*Emotional and Random*



*Thinks "Bottom Line"*

*Thinks "This Is How I Feel"*



*Difficulty Expressing Emotions*

*Passionate and Expressive*

How was conflict resolved in your family growing up? \_\_\_\_\_

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Which of the following conflict resolution styles do **you** mostly use in conflict with your spouse?

\_\_\_\_ Fight to win      \_\_\_\_ Yield (Give In)      \_\_\_\_ Withdraw      \_\_\_\_ Compromise  
\_\_\_\_ Respectfully cooperate leading to an acceptable resolution for both

Which of the following conflict resolution styles does **your spouse** mostly use in conflict with you?

\_\_\_\_ Fight to win      \_\_\_\_ Yield (Give In)      \_\_\_\_ Withdraw      \_\_\_\_ Compromise  
\_\_\_\_ Respectfully cooperate leading to an acceptable resolution for both