

Can We Talk?

FOR WOMEN ONLY

It's common for communication obstacles to exist between a husband and wife. This quiz can help you uncover problems you may have, and help you find ways to overcome them.

- 1. Your birthday is coming up. Your husband often forgets, so you:**
 - A. Wait to see if he'll remember
 - B. Drop hints
 - C. Remind him
- 2. If you have a problem with your husband, with whom will you first discuss it?**
 - A. No one
 - B. A friend or close relative
 - C. Him
- 3. Your husband really hurt your feelings. Do you:**
 - A. Lash out and hurt him back?
 - B. Give him the cold shoulder for a while?
 - C. Tell him so?
- 4. If something terribly embarrassing happened to you, would you tell your husband about it?**
 - A. No
 - B. Maybe
 - C. Yes
- 5. Baseball bores you to death, but your husband could discuss it for hours. When the subject comes up, you:**
 - A. Explain you are bored and ask to talk about something else.
 - B. Change the subject as soon as possible
 - C. Work on showing some interest
- 6. You had an unsuccessful job interview and you're upset. Your husband comes home looking downcast and you:**
 - A. Begin pouring out your story the moment he takes off his coat
 - B. Tell him you didn't get the job but try to hide your emotions.
 - C. Wait until he's in a better mood to tell him about it
- 7. For the second time this month your husband has left practically no gas in the car. Do you:**
 - A. Leave the tank empty and see how he likes it?
 - B. Leave it empty but let him know so he can stop for gas?
 - C. Fill up the tank but tell him you're annoyed?

SCORING

Give yourself one point for each "A" answer, two for each "B" and three for each "C".

7 to 11 points: You need to put more effort into the communication process. Try to express yourself without becoming defensive — making more statements about how you feel and fewer accusations about your partner's behavior. Blaming him for your problems will block communication between you.

12 to 17 points: You're not doing bad, but there are some sensitive spots in your makeup that tend to block communication. You not only have to hear what your husband is saying, but also offer feedback to make sure you're hearing him properly.

18 to 21 points: You and your mate probably do a good job of communicating with each other. But remember—there's always room for improvement.

Taken from *Marriage Builders*, pg. 16, "Can We Talk?" by Gay Norton Edelman, a mother of three children and free-lance writer in Red Bank, New Jersey, specializing in family and relationship issues. She also conducts writing workshops and counsels individuals in meeting their personal writing goals.

Can We Talk?

FOR MEN ONLY

It's common for communication obstacles to exist between a husband and wife. This quiz can help you uncover problems you may have, and help you find ways to overcome them.

- 1. When your wife is in a bad mood, you are likely to:**
 - A. Ask whether she's getting her period
 - B. Leave her alone until she's feeling better
 - C. Ask her what's wrong
- 2. She says you don't tell her often enough that you love her. You reply:**
 - A. "That's your problem, not mine."
 - B. "You know I love you. Why do I have to say it?"
 - C. "I love you very much. Sometimes I just forget to say so."
- 3. At dinner with the kids, your wife mentions she'd like to talk to you later, alone. You say:**
 - A. "Sorry, I'm going bowling."
 - B. "Okay, any time you want."
 - C. "How about ten o'clock?"
- 4. How often do you win arguments with your wife?**
 - A. Almost always
 - B. Almost never
 - C. I try not to think in terms of winning or losing
- 5. Your wife wants to talk about some difficulties she's having at work. Would you most likely:**
 - A. Point out that you have work problems of your own?
 - B. Offer advice?
 - C. Listen and try to be supportive?
- 6. For the second time this month you find that your wife has left the car's gas tank empty. Annoyed, you:**
 - A. Leave it empty to see how she likes it
 - B. Leave it empty but let her know so she can stop for gas.
 - C. Fill it, then tell her how much it irritates you
- 7. You're in the mood to make love, but when you reach for her she just yawns. You:**
 - A. Roll over and go to sleep, feeling rejected
 - B. Ask her why she isn't responding
 - C. Cuddle up and hold her until you both fall asleep

SCORING

Give yourself one point for each "A" answer, two for each "B" and three for each "C".

7 to 11 points: Hiding your feelings is one of the fastest ways you can ruin a relationship. You need to learn how to listen to your wife and how to talk to her.

12 to 17 points: You're doing well, but you need to remember that your wife needs your support and encouragement much more than she needs your advice. Make more of an effort to see things from her point of view, and you'll see your relationship improve.

18 to 21 points: You're doing quite well in the area of communication, but there's always room for improvement.

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