

# COMMUNICATIONS FOR WIVES

The Statement Applies:

- 0 - Almost Never
- 1 - Seldom
- 2 - Sometimes
- 3 - Much of the Time
- 4 - Almost Always

“Change is inevitable -- Growth is intentional”

**Directions:** There are two separate sheets, one for husbands to complete and one for wives to complete. Each statement should be scored 0-4, according to the box to the left. If each of your totals equals "100", you understand each other well, and didn't need to have evaluated yourselves. Anything less means you have something to talk about!

1. My husband is generally available to listen to me when I want to "talk". 1. \_\_\_\_
2. I am generally available to listen when my husband wants to "talk". 2. \_\_\_\_
3. My husband is sympathetic and understanding when I want to share some deeper feelings with him. 3. \_\_\_\_
4. I am sympathetic and understanding when my husband wants to share some deeper feelings with me. 4. \_\_\_\_
5. My husband does not generally have to weigh his words carefully to keep me from getting angry or upset. 5. \_\_\_\_
6. I do not generally have to weigh my words carefully to keep my husband from getting angry or upset. 6. \_\_\_\_
7. My partner and I usually have interesting things to talk about with each other. 7. \_\_\_\_
8. I am generally satisfied with my husbands efforts to please me sexually. 8. \_\_\_\_
9. My husband is generally satisfied with my efforts to please him sexually. 9. \_\_\_\_
10. We are generally able to discuss our feelings about sex quite openly. 10. \_\_\_\_
11. My husband is my best friend. I feel free to share my hurts and frustrations with him. 11. \_\_\_\_
12. I feel free to share my feelings with my husband even when they don't agree with his. 12. \_\_\_\_
13. We generally do not interrupt each other when the other is speaking. 13. \_\_\_\_
14. My husband rarely belittles me, or puts me down, in front of other people. 14. \_\_\_\_
15. I rarely belittle, or put my husband down, in front of other people. 15. \_\_\_\_
16. My husband generally does not criticize or correct me. 16. \_\_\_\_
17. I generally do not criticize or correct my husband. 17. \_\_\_\_
18. I help my husband to feel good about himself, and let him know that he is valuable and important to me. 18. \_\_\_\_
19. My husband helps me to feel good about myself, and lets me know that I am valuable and important to him. 19. \_\_\_\_
20. We generally discuss family problems and questions together and then reach decisions on which we both can agree. 20. \_\_\_\_
21. My husband understands and respects my desire for occasional privacy and times to be alone. 21. \_\_\_\_
22. My husband is generally quick to admit and to apologize when he has offended me. 22. \_\_\_\_
23. I am generally quick to admit and to apologize when I have offended my husband. 23. \_\_\_\_
24. We are generally able to share and discuss with each other our spiritual walk with the Lord. 24. \_\_\_\_
25. I feel I understand fairly well what my husband desires from me emotionally. 25. \_\_\_\_

TOTAL \_\_\_\_\_

# COMMUNICATIONS FOR HUSBANDS

The Statement Applies:

- 0 - Almost Never
- 1 - Seldom
- 2 - Sometimes
- 3 - Much of the Time
- 4 - Almost Always

“Change is inevitable -- Growth is intentional”

**Directions:** There are two separate sheets, one for husbands to complete and one for wives to complete. Each statement should be scored 0-4, according to the box to the left. If each of your totals equals "100", you understand each other well, and didn't need to have evaluated yourselves. Anything less means you have something to talk about!

1. I am generally available to listen when my wife wants to "talk". 1. \_\_\_\_
2. My wife is generally available to listen to me when I want to "talk". 2. \_\_\_\_
3. I am sympathetic and understanding when my wife wants to share some deeper feelings with me. 3. \_\_\_\_
4. My wife is sympathetic and understanding when I want to share some deeper feelings with her. 4. \_\_\_\_
5. I do not generally have to weigh my words carefully to keep my wife from getting angry or upset. 5. \_\_\_\_
6. My wife does not generally have to weigh her words carefully to keep me from getting angry or upset. 6. \_\_\_\_
7. My partner and I usually have interesting things to talk about with each other. 7. \_\_\_\_
8. My wife is generally satisfied with my efforts to please her sexually. 8. \_\_\_\_
9. I am generally satisfied with my wife's efforts to please me sexually. 9. \_\_\_\_
10. We are generally able to discuss our feelings about sex quite openly. 10. \_\_\_\_
11. My wife is my best friend. I feel free to share my hurts and frustrations with her. 11. \_\_\_\_
12. My wife feels free to share her feelings with me even when they don't agree with mine. 12. \_\_\_\_
13. We generally do not interrupt each other when the other is speaking. 13. \_\_\_\_
14. I rarely belittle, or put my wife down, in front of other people. 14. \_\_\_\_
15. My wife rarely belittles me, or puts me down, in front of other people. 15. \_\_\_\_
16. I generally do not criticize or correct my wife. 16. \_\_\_\_
17. My wife generally does not criticize or correct me. 17. \_\_\_\_
18. My wife helps me to feel good about myself, and lets me know that I am valuable and important to her. 18. \_\_\_\_
19. I help my wife to feel good about herself, and let her know that she is valuable and important to me. 19. \_\_\_\_
20. We generally discuss family problems and questions together and then reach decisions on which we both can agree. 20. \_\_\_\_
21. My wife understands and respects my desire for occasional privacy and times to be alone. 21. \_\_\_\_
22. I am generally quick to admit and to apologize when I have offended my wife. 22. \_\_\_\_
23. My wife is generally quick to admit and to apologize when she has offended me. 23. \_\_\_\_
24. We are generally able to share and discuss with each other our spiritual walk with the Lord. 24. \_\_\_\_
25. I feel I understand fairly well what my wife desires from me emotionally. 25. \_\_\_\_

TOTAL \_\_\_\_\_