

# Exercise 1:

## Communication Skills



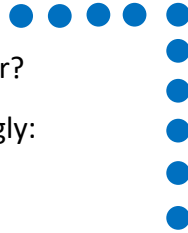
Are you a good communicator?

Please rate yourself accordingly:

1= Needs improvement

2= Average

3= Excellent



**Aim:** To provide a self-assessment of your communication skills. It is designed to highlight any blind spots and identify areas where you can improve.

	Me	My partner
I am honest and open about my feelings with my partner		
I listen with respect when my partner speaks.		
I allow time for my partner to digest what I am saying.		
I reflect on what my partner has said.		
I ask for clarification as needed.		
I speak in a vocabulary my partner understands.		
I give my partner my full attention.		
I do not interrupt.		
I use 'I' statements when problems arise.		
I can express my feelings clearly.		

Rate yourself using the scale provided and then your partner.



Now share your answers with one another and discuss the results. The scale will assist you both individually and as a couple to address the similarities and differences in how you communicate. If you find communicating as a couple a challenge, it may be a good idea to seek professional help.