



7418 N. Tichigan Road
 Waterford, WI 53185
 (866) 724-2000

www.greatrelationshipsense.com
info@greatrelationshipsense.com

Committed Relationship Communication Skills Assessment©

Circle the number which best defines your and your partner's communication skills using the following rating scale:

My partner / I / we is/are...

ND = Need This Skill Defined	3 = Average at this skill
5 = Excellent at this skill	2 = Fair at this skill
4 = Very Good at this skill	1 = Poor at this skill

- | | |
|--|--------------|
| A. My partner's skill of listening to me when I communicate. | ND 5 4 3 2 1 |
| B. My skill of sharing my thoughts and feelings with my partner. | ND 5 4 3 2 1 |
| C. My partner's skill of sharing his/her thoughts and feelings with me. | ND 5 4 3 2 1 |
| D. My skill of sharing my future dreams with my partner. | ND 5 4 3 2 1 |
| E. My partner's skill of sharing his/her dreams with me. | ND 5 4 3 2 1 |
| F. My skill of making requests of my partner. | ND 5 4 3 2 1 |
| G. My partner's skill of making requests of me. | ND 5 4 3 2 1 |
| H. Our skill as a couple at making good decisions in a timely fashion. | ND 5 4 3 2 1 |
| I. Our skill as a couple at problem-solving quickly and effectively. | ND 5 4 3 2 1 |
| J. Our skill as a couple in negotiating/compromising when we differ. | ND 5 4 3 2 1 |
| K. Our skill as a couple in fighting in a healthy, fair way when we argue. | ND 5 4 3 2 1 |
| L. I acknowledge my partner often enough. | ND 5 4 3 2 1 |
| M. My partner acknowledges me often enough. | ND 5 4 3 2 1 |
| N. I compliment my partner often enough. | ND 5 4 3 2 1 |
| O. My partner compliments me often enough. | ND 5 4 3 2 1 |
| P. I validate my partner's thoughts and feelings often enough. | ND 5 4 3 2 1 |
| Q. My partner validates my thoughts and feelings often enough. | ND 5 4 3 2 1 |
| R. I encourage my partner often enough. | ND 5 4 3 2 1 |
| S. My partner encourages me often enough. | ND 5 4 3 2 1 |

Committed Relationship Communication Skills Assessment – Using Your Results

Effectively communicating consistently is the most important skill needed to create and grow a loving, joyful committed relationship. The assessment you completed reflects how competent you believe you currently are, as a couple, in specific, valuable communication skills you use.

- ✓ Share your completed surveys with each other.
- ✓ Acknowledge which communication skills you have rated similarly and differently.
- ✓ Acknowledge the communication skills you both agree you use very well.
- ✓ Identify and prioritize the communication skills that you desire to collaborate to improve.
- ✓ Use the attached form to support you in planning and achieving your improvement.
- ✓ Make a commitment to enjoy that process!

***Call 1 (866) 724-2000 to schedule time with a
GRS Relationship Coach to help you!
in-person by phone using Skype***