

COMMUNICATION SKILLS FOR MARRIAGE

PRE-COURSE ASSESSMENT

INSTRUCTIONS:

This assessment measures your current communication skills at the beginning of this course. For each statement, rate your level of agreement using the following scale: 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree. Answer honestly—your responses will help you see your progress as you complete this course.

1. I listen to my spouse without planning what I will say next

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

2. I feel understood when I communicate with my spouse

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

3. I understand my spouse's communication style and preferences

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

4. I know my own emotional triggers and how they affect my communication

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

5. I ask open-ended questions to deepen my understanding of my spouse

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

6. I speak truth to my spouse with kindness and love

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

7. I express my needs clearly without blame or criticism

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

8. I avoid using withdrawal or silence as punishment

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

9. I communicate respectfully even when under stress or pressure

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

10. I can have difficult conversations with my spouse without escalating conflict

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

REFLECTION QUESTION:

What is your biggest struggle in communicating with your spouse?