

Communication Worksheet

To assess your use of strategies for improving communication, fill out the worksheet below. First, check the strategies you have tried already and rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful). Also, check the strategies you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Selection of time to talk			
Selection of place to talk			
Listening without interruption			
Focus on specifics			
Acknowledge own contribution to problems			
Aim for solutions vs. blame			
Brainstorm solutions			
Agree on solutions to try			
Evaluate solutions			
Ask advice of others			
Get professional help			
Have regular relationship discussions			

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