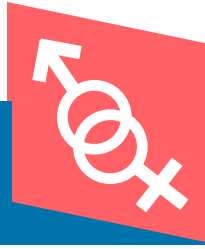


# Barriers to Communication

## ASSESSMENT



**Answer yes or no to the following. Do you generally:**

- Assume you understand without clarifying?
- Jump to conclusions before getting the facts?
- Criticize instead of complaining?
- Shut down emotionally and/or shut out your partner?
- Bring up old stuff from the past?
- Yell, name-call, slam doors, etc.?
- Pull other people into arguments?
- Blame - "It's all your fault!"?
- Shame - "How could you?"
- Preach - "You should...?"
- Zone Out - ignoring or distracting with tv, computers, phones?
- Refuse to talk about it
- Minimize - "It's not a big deal - you're overreacting."
- Dramatize - becoming overly emotional or melodramatic
- Label - "You're a sociopath!" or "Don't be so neurotic!"

### Scoring:

Count the number of 'yes' responses to see how well you communicate.

0-5 You are doing pretty well, but may need some help - let's talk about this.

6-10 You may be headed for trouble - we need to talk soon.

11+ You are in the danger zone - let's talk ASAP.