

<b>Communication Style</b> (Weights)	<b>Always</b> (9)	<b>Often</b> (6)	<b>Sometimes</b> (3)	<b>Rarely</b> (1)	<b>Never</b> (0)
<b>Section 1</b>					
Stay quiet usually and don't express what I really sense.					
Seek ways to keep away from the other person.					
Quickly offer an admission of guilt.					
Be hesitant to wrestle for my contrasting opinion.					
Speak softly and patiently wait for my turn to speak.					
Avoid eye contact, or twist away from the other individual.					
Believe the other person's desires or demands are much more significant than mine.					
View myself as the origin of the disagreement.					
Feel powerless, disrespected, or angry.					
Dread that I will be discarded.					
Attempt pleasing the other person despite how it may affect me individually.					
				<b>TOTAL</b>	
					<b>1</b>
<b>Section 2</b>					
Emphasize my position, believing it is usually superior.					
Slight the other person or their contrasting viewpoint					
Feel spirited and view my opinion as triumphant when I win the dispute.					
"Stare down" or look down at the other person.					
Elevate my tone of voice in order to get my line of reasoning across.					
Regard my perception as the best solution.					
On occasion feel sorrow or responsibility over the strategy I used to succeed.					
Consider the other person's standpoint as ridiculous, stupid, or unsupported.					
Disregard the other person's wishes.					
Command the path the conversation takes.					
Guard my rights while seeking to triumph at any price.					
				<b>TOTAL</b>	
					<b>2</b>
<b>Section 3</b>					
Fall sort of my assurances due to situations beyond my control.					
Find it challenging to admit responsibility for disappointing others.					
Feel entitled to get my own way, even if it conflicts with "commitments" I have made to others.					
Not feel fully to blame for the measures that I undertake.					
Dread I will be discarded if I was pushier.					
Be afraid of argument with others.					
Want my own way, without having to be accountable.					
Feel offended by what others demand from me.					
Concede to others hastily, just so I don't have to deal with the problem any longer.					

Indirectly defy their demands by postponing or giving an unclear or confusing answer.					
Blame others for the dilemma in order to rationalize my actions.					
				<b>TOTAL</b>	
				<b>3</b>	
<b>Section 4</b>					
Be able to express my wants and feelings with assurance, straightforwardly, and completely.					
Be receptive to the other person's point of view, recognizing that they may have ideas, or thoughts, I haven't yet taken into consideration.					
Feel at ease agreeing to disagree with their point of view.					
Remain calm.					
Acknowledge the other person's position can be genuinely held by them, even if I don't fully concur.					
Make eye contact and properly continue it.					
Accept we both have beneficial contribution to the discussion, so I offer and receive.					
Recognize accountability for what I speak and how I state it.					
Feel upbeat about how I act toward others.					
Don't feel I have to "triumph" the disagreement every time.					
Control how I act, but not manipulate my partner's behaviors or opinions.					
				<b>TOTAL</b>	
				<b>4</b>	

Source: Adapted from The Solution for Marriages.