

FAMILYLIFE

Help for today. Hope for tomorrow.

COMMUNICATION I - UNDERSTANDING

INDIVIDUAL SECTION (15 minutes)

Objective: To identify problem areas in communicating

Instructions: Complete both parts as instructed

1. Identify 3 problem areas in communicating with each other.

2. How do you feel when you are experiencing communication problems with your partner?

3. Do you feel that you as a couple communicate on level 4-5? How often?

4. Are you willing to reveal something to your partner about yourself of which he/she is not aware?

5. Are you willing to receive information (1 point) from your partner about yourself, of which you are not aware?
