

COMMUNICATION BELIEF & AWARENESS AUDIT

Adapted from Chapter 1 of Relationship Communication Decoded

This audit is designed to help you explore the beliefs, emotions, and patterns that shape your communication. Use it to identify old scripts that might be influencing your interactions and pinpoint areas where you're ready for growth.

INSTRUCTIONS

Read each item and indicate how well it describes you using a 1 (**Strongly Disagree**) to 5 (**Strongly Agree**) scale. There are no right or wrong answers, just your honest reflection. Record your responses directly on this worksheet.



Important Note: This assessment is not intended to be a clinical or diagnostic tool. It is designed for personal insight and reflection on relationships only. If you are experiencing distress or mental health challenges, please seek support from a qualified professional.

SECTION 1: RELATIONSHIP COMMUNICATION BELIEFS

These items measure your unconscious beliefs about how communication should ideally work in close relationships.

ITEMS

1. People who love each other know exactly what the other is thinking without needing to say it.
[1] [2] [3] [4] [5]
2. I take it personally when my partner disagrees with me.
[1] [2] [3] [4] [5]
3. When couples talk enough, their problems will solve themselves.
[1] [2] [3] [4] [5]
4. In close relationships, people should be able to intuit each other's needs.
[1] [2] [3] [4] [5]
5. I feel hurt when my partner and I don't see things the same way.
[1] [2] [3] [4] [5]
6. If we continue to communicate, everything will eventually work out.
[1] [2] [3] [4] [5]
7. I don't expect my partner to sense all my moods.
[1] [2] [3] [4] [5]
8. I struggle to accept my partner's differing opinions.
[1] [2] [3] [4] [5]
9. Too much talking can sometimes make a situation worse.
[1] [2] [3] [4] [5]

10. If I have to ask, it means my partner wasn't tuned in.
[1] [2] [3] [4] [5]
11. Arguments make me worry the relationship is breaking down.
[1] [2] [3] [4] [5]
12. Most relationship problems stem from not talking enough.
[1] [2] [3] [4] [5]
13. I get upset when I need to explain my feelings.
[1] [2] [3] [4] [5]
14. I welcome different views from my partner.
[1] [2] [3] [4] [5]
15. Talking only helps if how we talk improves.
[1] [2] [3] [4] [5]
16. Asking for what I need doesn't mean I'm too much.
[1] [2] [3] [4] [5]
17. Conflict doesn't make me doubt my partner's feelings for me.
[1] [2] [3] [4] [5]
18. Silence in a relationship usually means something is wrong.
[1] [2] [3] [4] [5]

SCORING

To calculate your scores for each "myth", follow the steps:

1. Reverse your rating for items marked with an asterisk (*): change a 1 to a 5, 2 to 4, 3 stays 3, 4 to 2, and 5 to 1.
2. Sum your (adjusted) scores for each subscale below:

- **Mind Reading Myth:** 1, 4, 7*, 10, 13, 16* = ____
- **Fighting Means Failing Myth:** 2, 5, 8, 11, 14*, 17* = ____
- **Talk More Myth:** 3, 6, 9*, 12, 15*, 18 = ____

INTERPRETATION GUIDE

- **Emerging Resilience (6–14):** You likely hold flexible, resilient beliefs about communication.
- **Developing Awareness (15–22):** Some of these beliefs may influence your reactions, especially under stress.
- **Unhelpful Patterns (23–30):** These beliefs may be shaping your expectations or behaviors in ways that hinder connection.

Identify your highest subscale score. That's the myth to start working on. Proceed to Section 2.

SECTION 2: EMOTIONAL AWARENESS

INSTRUCTIONS

This section assesses your level of attunement to your internal state. This is your emotional barometer in communication.

ITEMS

1. I notice when my emotions shift during a conversation. [1] [2] [3] [4] [5]
2. I can name my feelings before I react. [1] [2] [3] [4] [5]
3. I understand how stress changes my tone and body language. [1] [2] [3] [4] [5]
4. I recognize when my past is influencing my reactions. [1] [2] [3] [4] [5]
5. I reflect on how I communicated after important conversations. [1] [2] [3] [4] [5]

SCORING

Add up your total score (out of 25): ____

INTERPRETATION GUIDE

Your total score for Emotional Awareness will range from 5 to 25.

- **Consistent Awareness (19–25):** You have strong emotional insight. Now you can deepen that skill and learn how to communicate it clearly to your partner.
- **Growing Awareness (11–18):** You're likely aware of your internal state in some situations, but there may be blind spots, especially under stress.
- **Emerging Awareness (5–10):** You're in the early stages of tuning into your emotions. This chapter's exercises can help you build that inner clarity.

TALLY & INSIGHT

Now that you've completed both sections of the Communication Belief & Awareness Audit, let's look at what your combined results might suggest about your communication patterns.

Start by identifying your **highest-scoring belief subscale** from Section 1 (Mind Reading, Fighting Means Failing, Talk More). This is a key area where your unconscious beliefs may be impacting your communication.

Next, consider your Emotional Awareness score from Section 2 to understand how effectively you recognize and regulate your internal emotional state, especially when those beliefs arise.

- **Consistent Awareness (19–25):** You likely have a strong foundation for noticing and managing your emotional responses during conversations. This awareness can help you more consciously challenge the limiting beliefs you identified in Section 1 and choose more intentional responses when those beliefs arise.
- **Growing Awareness (11–18):** You have moments of clarity but may lose track of your internal state, especially under stress. Practicing greater self-attunement will help you notice when your beliefs are being triggered and give you the space to respond more thoughtfully instead of reacting automatically.
- **Emerging Awareness (5–10):** You're in the early stages of tuning into your feelings, which is an incredible first step. As you build the ability to name and notice your emotions, you'll gain understanding why certain beliefs emerge and how they influence the way you communicate. This awareness lays the groundwork for shifting both your emotional responses and your communication patterns over time.

REFLECTION

Take a moment to reflect on your results. Capture your thoughts in the space provided below.

How might your dominant communication belief(s) (Section 1) be influenced or managed by your level of emotional awareness (Section 2)?

NEXT STEPS

You've gained powerful insights into your communication beliefs and emotional awareness. Return to Chapter 1 of *Relationship Communication Decoded* to delve deeper into what these combined results mean for your communication journey and how to apply these insights to build stronger connections.