

## NON-VERBAL COMMUNICATION AWARENESS

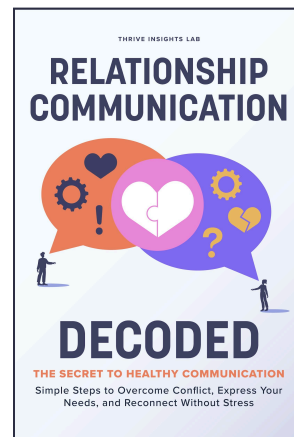
Adapted from Chapter 5 of Relationship Communication Decoded

Much of our relationship communication is silent. Recognizing body language helps decode your partner's emotions and your unspoken cues.

**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.

### 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.



### ITEMS

1. I can often sense what my partner is feeling through their body language before they say a word.  
[1] [2] [3] [4] [5]
2. I intentionally use gestures or expressions that help my partner feel seen and supported.  
[1] [2] [3] [4] [5]
3. I've talked with my partner about how we each interpret non-verbal signals, like eye contact or physical space.  
[1] [2] [3] [4] [5]
4. I feel confident interpreting my partner's non-verbal cues, even when we're both emotional.  
[1] [2] [3] [4] [5]
5. I am aware of how my own posture or facial expressions may influence the tone of a conversation.  
[1] [2] [3] [4] [5]
6. I've learned to adjust my physical cues, like posture or touch, to make my partner feel more at ease.  
[1] [2] [3] [4] [5]
7. I can tell when I'm shutting down physically (crossed arms, looking away) and try to shift into a more open posture.  
[1] [2] [3] [4] [5]
8. I've noticed that improving my non-verbal awareness has led to fewer misunderstandings in my relationship.  
[1] [2] [3] [4] [5]

## SCORING

Total the scores for each area below. Each score will range from 4 to 20.

- **Partner-Focused Sensitivity:** 1, 3, 4, 8 = \_\_\_\_
- **Self-Aware Regulation:** 2, 5, 6, 7 = \_\_\_\_

## INTERPRETATION GUIDE

Your self-assessment offers valuable insights into your non-verbal communication patterns. Remember, these scores highlight areas for growth and deeper understanding, not fixed achievements. Each insight is an opportunity to enhance your connection.

### Partner-Focused Sensitivity

*How well you're attuned to your partner's non-verbal cues*

- **Consistent Attunement (16–20):** You are highly attuned to your partner's non-verbal signals, which is a significant strength in your communication. This skill enables you to interpret feelings and respond effectively, fostering a deeper understanding and connection.
- **Developing Attunement (10–15):** You have a solid foundation in noticing non-verbal cues, and with focused attention, you can further improve your intentional attunement to your partner's unspoken messages. This is an exciting area for growth!
- **Emerging Awareness (4–9):** This may indicate an early stage in your awareness of your partner's non-verbal signals. Cultivating this awareness can unlock hidden sources of understanding and significantly reduce misunderstandings in your relationship.

### Self-Aware Regulation

*How well you manage and adapt your non-verbal signals*

- **Consistent Regulation (16–20):** You are highly effective at managing and adapting your non-verbal signals, a powerful strength in your communication. This allows you to intentionally align your unspoken messages with your intentions, enhancing clarity and connection.
- **Developing Regulation (10–15):** You have a good foundation in managing your non-verbal cues. There's an opportunity to improve your intentional use and impact of your body language, allowing for more conscious and effective communication.
- **Emerging Awareness (4–9):** This suggests you're in the early stages of tuning into and regulating your physical presence in conversations. Developing this awareness can lead to greater clarity and prevent potential misunderstandings that arise from unspoken signals.

## REFLECTION

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

What do your scores reveal about your non-verbal communication and your awareness of your partner's non-verbal cues?

Based on your results, what's one small non-verbal cue or habit you could practice adjusting this week to enhance connection?

How might increasing your body language awareness lead to greater emotional safety or clarity in your relationship?

## NEXT STEPS

You've gained valuable insights into the silent messages in your relationship. Return to Chapter 5 of *Relationship Communication Decoded* to delve deeper into the power of body language, practical strategies for observation, and how to align your unspoken communication with your intentions for a deeper connection.