

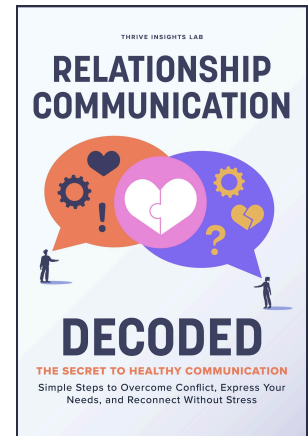
YOUR RELATIONSHIP'S HIDDEN LANGUAGE

Adapted from Chapter 2 of Relationship Communication Decoded

We all have a natural communication style, especially during **emotionally intense moments**. This self-assessment helps you understand the patterns you tend to rely on.

***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: HOW DO YOU COMMUNICATE UNDER PRESSURE?



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 express my needs and opinions clearly, even when it's uncomfortable. | [1] [2] [3] [4] [5] |
| 2. I often hold back my true thoughts to keep the peace. | [1] [2] [3] [4] [5] |
| 3. I raise my voice or speak forcefully to make my point. | [1] [2] [3] [4] [5] |
| 4. I give the silent treatment when I feel hurt or angry. | [1] [2] [3] [4] [5] |
| 5. I listen to my partner's perspective without interrupting. | [1] [2] [3] [4] [5] |
| 6. I go along with decisions even when I disagree. | [1] [2] [3] [4] [5] |
| 7. I interrupt or talk over my partner when I'm upset. | [1] [2] [3] [4] [5] |
| 8. I say one thing but mean another. | [1] [2] [3] [4] [5] |
| 9. I state my boundaries without blaming or criticizing. | [1] [2] [3] [4] [5] |
| 10. I avoid expressing needs because I don't want to seem "difficult." | [1] [2] [3] [4] [5] |
| 11. I focus on "winning" arguments more than resolving issues. | [1] [2] [3] [4] [5] |
| 12. I use sarcasm instead of directly expressing my feelings. | [1] [2] [3] [4] [5] |
| 13. I try to understand both my own emotions and my partner's. | [1] [2] [3] [4] [5] |
| 14. I fear that bringing up concerns will lead to conflict. | [1] [2] [3] [4] [5] |
| 15. I tend to blame my partner when something goes wrong. | [1] [2] [3] [4] [5] |
| 16. I withdraw or shut down instead of addressing conflict. | [1] [2] [3] [4] [5] |

SCORING

Total the scores (out of 20) for each style below.

- **Assertive:** 1, 5, 9, 13 = ____
- **Passive:** 2, 6, 10, 14 = ____
- **Aggressive:** 3, 7, 11, 15 = ____
- **Passive-Aggressive:** 4, 8, 12, 16 = ____

INTERPRETATION GUIDE

Your scores for each communication style can range from 4 to 20. A higher score indicates a stronger tendency towards that style, especially under pressure. Identify your highest subscale score. This is your dominant communication style.

- **Consistent Pattern (16–20):** Your dominant communication style shows up strongly for you, especially under pressure. This awareness is a powerful tool, allowing you to intentionally leverage its strengths and navigate potential challenges for more effective interactions.
- **Developing Tendency (10–15):** You may gravitate towards this style in some situations, though its influence may shift in specific contexts or with certain people. With focused attention, you can gain greater mastery over this tendency, turning it into a more reliable asset.
- **Emerging Influence (4–9):** This style likely plays a minor role in your communication patterns. The exercises in this chapter will help you cultivate deeper understanding and expand your repertoire of communication responses.

Ideally, your partner would complete this assessment themselves. However, if that's not possible, quiet observation is a powerful tool to understand their communication style. Focus on noticing patterns with curiosity, rather than judgment, and let your insights lead to open conversation, rather than assumptions. Remember always to respect their boundaries; if something doesn't land, don't push it.

SECTION 2: OBSERVING COMMUNICATION STYLES

These statements reflect common communication behaviors. Consider which ones sound most like your partner, or invite them to complete it as well. Reflect on how they start important conversations, what frustrates them, and what they tend to repeat. Mark any that you frequently observe in your partner's communication:

Analytical

- ☐ Prefers facts and data when making decisions.
- ☐ Asks clarifying or detailed follow-up questions.
- ☐ Appears emotionally reserved during conversations.
- ☐ Needs time to process before responding.

Intuitive

- ☐ Focuses on the big picture more than details.
- ☐ Uses metaphors, stories, or gut instincts to explain ideas.
- ☐ Skips over steps they see as unnecessary.
- ☐ Enjoys talking about possibilities and vision.

Functional

- ☐ Likes clear, step-by-step conversation flow.
- ☐ Uses phrases like "first," "next," or "let's walk through it".
- ☐ Gets frustrated by disorganized communication.
- ☐ Feels grounded by structure and planning.

Personal

- ☐ Checks in emotionally during conversations.
- ☐ Expresses themselves with stories and experiences.
- ☐ Asks how you're feeling, not just what you think.
- ☐ Values tone, empathy, and connection above all.

SCORING

Count the number of checked items for each communication style. Scores should range from 0 to 4.

Analytical: ____ **Intuitive:** ____ **Functional:** ____ **Personal:** ____

INTERPRETATION GUIDE

Scores for each style indicate how strongly that style may describe your partner's typical communication patterns. A higher number of checks (3-4) suggests a more substantial influence of that style.

- **Analytical:** Prefers facts, logic, and clear structure. Values accuracy and structure over emotion.
- **Intuitive:** Focuses on the big picture and gut instincts, often using metaphors or making intuitive leaps.
- **Functional:** Thrives on details and process, preferring linear explanations and step-by-step plans.
- **Personal:** Prioritizes emotional connection and storytelling, focusing on feelings, tone, and warmth.

REFLECTION

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

What is your dominant communication style under pressure (from Section 1)? How might this impact your interactions?

Which communication style most describes your partner (from Section 2)? How might this style lead to mismatches or misunderstandings between you?

What's one small insight you're taking away from this assessment that could help you better navigate communication with your partner

NEXT STEPS

You've gained valuable insights into your own and your partner's communication styles. Return to Chapter 2 of *Relationship Communication Decoded* to delve deeper into how these styles interact, how to bridge common mismatches, and how to build a more dynamic and understanding communication rhythm together.