

Communicating Feelings Checklist

Complete the following checklist as a couple. If you have different ratings for a statement, check both answers.

In general, we...

	Usually	Sometimes	Infrequently
1. have respectful and/or enjoyable conversations about 'light' topics.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. look forward to talking with each other.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. share how we feel about day-to-day events.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. share how we feel about more emotional /difficult issues.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. are comfortable talking about a range of feelings with one another.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. feel heard and understood when sharing feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. find times that work well for both of us to have important/emotional discussions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. take breaks to calm down, if needed, during emotional discussions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. know how to support and comfort one another when feeling emotional.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Next, discuss the ratings you both provided for each item and consider the following:

- Were there any items that you rated differently from one another? If so, discuss your ratings together.
- What are your communication strengths as a couple?
- What areas could you improve?
- Is there one thing you could focus on this week (beginning today)?