

Communication Readiness Quiz

Rate each from 1 through 5, with 1 being very infrequent or never, and 5 being very frequent or always.

- 1.) I avoid talking about things I know I should because I am afraid I will hurt someone's feelings. _____
- 2.) I find it difficult to say "I love you" or to express affection and acknowledgement verbally. _____
- 3.) I am uncomfortable with receiving attention and/or affection. _____
- 4.) I deflect praise and compliments by downplaying them. _____
- 5.) I "bite my tongue" again and again rather than speak my mind, until I finally blow up at someone. _____
- 6.) I avoid necessary confrontations. _____
- 7.) People tell me I just don't listen. _____
- 8.) I have trouble setting and honoring boundaries in relationships. _____
- 9.) I find it hard to express how I really feel. _____
- 10.) I have a hard time receiving "constructive criticism". _____
- 11.) I feel like people don't listen to me. _____
- 12.) I have trouble asking for what I want. _____

Total Communication Readiness Score _____

50-60: You are VERY ready to improve your communication...call me today!

40-49: You have some rough spots in your communication strategies...start now to avoid future problems!

30-39: You have some good communication skills, but could use improvement in a few areas....don't wait!

20-29: You are a good overall communicator...keep it going!

12-19: You are a great communicator...be a role model for others!