

BIBLICAL COMMUNICATION INVENTORY

1. I use *words* that are inappropriate when I talk with you.
2. I use *inflections* that are inappropriate when I talk to you.
3. I use inappropriate *facial expressions* when I talk to you.
4. I do not *look at you* when I talk to you.
5. I do not *touch* you enough when I talk to you.
6. I *blow-up* (ventilate my anger) when I talk to you.
7. I *clam-up* (internalize my anger) instead of talking to you.
8. I *interrupt* you when you're talking to me.
9. I'm *inattentive* when you're talking to me.
10. I *judge* your *motives*.
11. I seem *uninterested* or *unwilling* to talk to you.
12. I use *sweeping generalizations* when I talk to you.
13. I *blameshift* my responsibilities, to you.
14. I do not *ask for your forgiveness*.
15. I *exhume* from you past things I've promised to forgive.
16. I *scold* you.
17. I *put you down* when I talk to you.
18. I use *harshness* when I talk to you.
19. I *do not* make every effort to *resolve conflicts* with you.
20. I've *not sought help* from other Christians as I should have.

Evaluation of Self by Self:

- | | | | |
|---------|----------|----------|----------|
| 1. ____ | 6. ____ | 11. ____ | 16. ____ |
| 2. ____ | 7. ____ | 12. ____ | 17. ____ |
| 3. ____ | 8. ____ | 13. ____ | 18. ____ |
| 4. ____ | 9. ____ | 14. ____ | 19. ____ |
| 5. ____ | 10. ____ | 15. ____ | 20. ____ |

Evaluation of Self by Spouse:

- | | | | |
|---------|----------|----------|----------|
| 1. ____ | 6. ____ | 11. ____ | 16. ____ |
| 2. ____ | 7. ____ | 12. ____ | 17. ____ |
| 3. ____ | 8. ____ | 13. ____ | 18. ____ |
| 4. ____ | 9. ____ | 14. ____ | 19. ____ |
| 5. ____ | 10. ____ | 15. ____ | 20. ____ |

Rating Scale:

Hardly ever
Seldom
Sometimes
Frequently
Almost always

Points:

5
4
3
2
1