



Instructions: Relationship Communication Quiz – Getting Heard

Step-by-Step Instructions:

1. Discuss the goal of this exercise. Review the Tips for Discussion section below to assist you with this dialogue.
2. Hand each partner a copy of the Relationship Communication Quiz – Getting Heard.
3. Read the directions out loud and ask the participant(s) to complete the quiz.
4. If only one partner is taking the quiz, skip to step 5. For couples, when they have completed the quiz, ask them to exchange quiz sheets and review each other's responses.
5. If only one partner is present, review the correct answers. For couples, after the partners have reviewed each other's responses, review the correct answers.

The answers are as follows:

1. False 2. False 3. False 4. False 5. False 6. True 7. False 8. True 9. True 10. True
6. Score the quizzes. For couples, instruct them to score their partner's quiz and then report the results to each other.
7. Allow the partners the opportunity to share their thoughts about their results and that of their partner's (if present). Engage in a brief discussion about how this exercise may have affected how they view the subject.
8. Provide the partner(s) with the Information Handout - 10 Secrets to Getting Heard.

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Group Size: 10 to 50+; must be even numbered group as they will work in pairs

Time Needed: 20 minutes (discussion times vary)

Goal: To identify strategies that will help create positive communication within a relationship.

Audience: Couples, Individuals

Special Considerations:

Resources Needed:

- Relationship Communication Quiz – Getting Heard
- 10 Secrets to Getting Heard by Robert Leahy, Ph.D. from website:
http://www.huffingtonpost.com/robert-leahy-phd/relationshipcommunication_b_815699.html
- Writing utensils

Tips for Discussion and Processing:

Participant(s) should be informed that communication and listening is a two-way street and is very important to the success of their relationship. For example, the case manager can say, "When you are communicating with your partner and you want him or her to listen/respect you, you need to be smart about how you deliver your message". The couple should also leave the appointment knowing that changing how they communicate will take some practice and honest feedback from their partner about how each person is improving in this area. Inform the participant(s) that additional resources on communication skills are available if they would like to pursue this work further.

Resources:

Relationship Help

http://helpguide.org/mental/improve_relationships.htm

Relationship Communication: How to Talk So That Your Partner Will Listen

http://www.huffingtonpost.com/robert-leahy-phd/relationship-communication_b_815699.html

Communication Skills for Lifelong Relationships

<http://health.howstuffworks.com/relationships/advice/communication-skills-for-lifelong-relationships.htm>