



Quiz: Can You Identify What a Healthy Relationship Looks Like?

Honest communication is a key part of any relationship. When both people feel comfortable expressing their needs, fears, and desires, trust and bonds are strengthened. Critical to effective communication are nonverbal cues (ex. body language like eye contact, leaning forward or away, or touching someone's arm). So how much do you know about good communication? Take the quiz below to find out ways to improve your communication skills.

Instructions:

Circle "True" for all the statements you believe are important to being heard and "False" to those you believe to be untrue.

1. Needing to be heard the minute you have a thought or feeling is more important than picking the right time.
True False
2. You should say everything that's on your mind without pausing so that your partner can't interrupt and stop you from getting it all out.
True False
3. You really need to say what you have to say and not worry about getting your partner's feedback.
True False
4. It's more effective when you raise your voice so that you can be heard.
True False
5. You are able to get more attention and cooperation from your partner when you assert yourself and speak clearly with statements such as, "You are the most selfish person I have ever known."
True False
6. It's important to communicate to your partner when you want to solve a problem or if you want to share feelings.
True False

7. When you talk to your partner but he or she doesn't agree with your interpretation of events, it should show you whether he or she really understands and cares about your feelings.

True False

8. If you want to be heard, you have to be willing to respect that your partner may offer advice.

True False

9. It only makes sense (some of the time) to describe potential solutions if you describe potential problems.

True False

10. It's important to thank your partner for caring enough to listen and support you.

True False