

COMMUNICATION SKILLS FOR MARRIAGE

POST-COURSE ASSESSMENT

INSTRUCTIONS:

Congratulations on completing this course! This assessment measures your communication skills at the end of your learning. For each statement, rate your level of agreement using the following scale: 1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree. Compare your answers with your pre-course assessment to see your growth.

1. I listen to my spouse without planning what I will say next

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

2. I feel understood when I communicate with my spouse

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

3. I understand my spouse's communication style and preferences

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

4. I know my own emotional triggers and how they affect my communication

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

5. I ask open-ended questions to deepen my understanding of my spouse

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

6. I speak truth to my spouse with kindness and love

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

7. I express my needs clearly without blame or criticism

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

8. I avoid using withdrawal or silence as punishment

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

9. I communicate respectfully even when under stress or pressure

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

10. I can have difficult conversations with my spouse without escalating conflict

1 ■ 2 ■ 3 ■ 4 ■ 5 ■

REFLECTION QUESTIONS:

How have your communication skills improved through this course?

What is the most important principle you learned about communication?

What commitment will you make going forward to continue improving your communication?