

Questions to ask yourself and your partner



Communication in a relationship is not always easy. Asking yourself and your partner these questions can help your relationship overcome communication struggles.

1. Do I bring up an issue with criticism and contempt to get my point across to my partner when we are resolving a conflict? If yes, how does my partner feel about that?
2. Does my partner bring up an issue with criticism and contempt when we are resolving a conflict? How does this make me feel?
3. Do you both feel understood?
4. Do you both think you express appreciation for the things you do for each other?
5. Do you both enjoy talking with your partner?

MY NOTES:

You can learn practical tips for better communication with your partner in our [Couples Communication class](#).