

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 blame-shift my responsibilities to you.
14. I do not ask your forgiveness.
15. I exhume from you past things I've promise 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.

Rating Scale:

Hardly ever	5
Seldom	4
Sometimes	3
Frequently	2
Almost always	1

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 (be sure not to look at their answers before you answer!)

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

(adapted from the book, "The Complete Husband", by Lou Priolo)