

Most Common COMMUNICATION MISTAKES

 couple's checklist



COMMUNICATION MISTAKES CHECKLIST

Do you or your partner make any of these mistakes during an argument? Both of you should complete this checklist alone, and then discuss your answers together. Know in advance that you will likely have different answers (completely normal + okay)

YOU	YOUR PARTNER	COMMUNICATION MISTAKE
<input type="checkbox"/>	<input type="checkbox"/>	Interrupts the other person
<input type="checkbox"/>	<input type="checkbox"/>	Speaks loudly or yells
<input type="checkbox"/>	<input type="checkbox"/>	Attacks character rather than what a person <i>did</i>
<input type="checkbox"/>	<input type="checkbox"/>	Shuts down the conversation if they don't like how it's going
<input type="checkbox"/>	<input type="checkbox"/>	Name calls or puts the other person down
<input type="checkbox"/>	<input type="checkbox"/>	Invalidates the other person's feelings
<input type="checkbox"/>	<input type="checkbox"/>	Swears or uses rude language
<input type="checkbox"/>	<input type="checkbox"/>	Brings up past issues
<input type="checkbox"/>	<input type="checkbox"/>	Refuses to take any responsibility for the problem
<input type="checkbox"/>	<input type="checkbox"/>	Avoids eye contact
<input type="checkbox"/>	<input type="checkbox"/>	Uses disrespectful gestures (eye rolls, throwing hands in air)
<input type="checkbox"/>	<input type="checkbox"/>	Always "right"
<input type="checkbox"/>	<input type="checkbox"/>	Uses exaggerated language (like "always" + "never")
<input type="checkbox"/>	<input type="checkbox"/>	Refuses to discuss the issue
<input type="checkbox"/>	<input type="checkbox"/>	Won't put themselves in other person's shoes
<input type="checkbox"/>	<input type="checkbox"/>	Won't use "we" language
<input type="checkbox"/>	<input type="checkbox"/>	Makes assumptions about the other person
<input type="checkbox"/>	<input type="checkbox"/>	Gets distracted with technology or another task

Take this information as a *learning guide*, and focus on what *you* can do to make a difference (rather than what your partner can do). Avoid arguing about your answers: instead, notice the similarities and differences, and consider what you might be able to create a healthier environment.