

COMMUNICATION

assessment

On a scale of 1-10, rate our family on **active listening**.

1 5 10

10 = We can actively listen to each other in a way that seeks understanding and shows up with full attention and empathy.

5 = We try to listen but sometimes struggle with distractions or trying to defend our own point.

1 = We often struggle to listen to understand the other person and tend to let our own opinions get in the way.

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On a scale of 1-10, rate our family on **individual understanding**.

1

5

10

10 = Each person's unique personality and way of communicating is honored and clearly understood by everyone.

5 = We run into misunderstandings, but if we put effort into it, eventually we can work through it.

1 = Our communication often breaks down because of trying to conform to one way or certain perspectives being forced, which leads to frustration.

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On a scale of 1-10, rate our family on **conflict process**.

1 5 10

10 = We have a clear path to resolve conflicts respectfully and that leads to greater connection.

5 = We sometimes struggle to resolve conflicts without further escalation, but we usually get to a solution, even if it isn't perfect.

1 = Conflicts escalate quickly, remain unresolved, or are often resolved in ways that leave resentment or hurt feelings.

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On a scale of 1-10, rate our family on **emotional support**.

1 5 10

10 = Our family is a consistent safe place for encouragement and support through all circumstances.

5 = We provide emotional support sometimes, but it's not always consistent or the way the person needs it.

1 = We lack a foundation of emotional support and there are feelings of isolation or neglect during challenging times.

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On a scale of 1-10, rate our family on **individual connection**.

1 5 10

10 = I know I can advocate for myself and my family has the tools to be able to listen, consider, and try to make it happen.

5 = Sometimes I'm listened to but sometimes not; usually when it is a positive need, I'm tended to, but not as much when it's a negative issue or concern.

1 = I rarely feel like I am genuinely cared for or listened to when expressing needs.

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Tally up your scores from the 6 areas and add the final number here _____.

Now evaluate your total from the report card to evaluate where you are at.

Total	
60-50	Your family is developing strong habits and should regularly assess on where to improve or deepen.
41 - 50	You are on the right path and need to build skills or processes around the areas of challenge.
21 - 40	You need to create a defined plan for communication and take intentional steps to connect and repair.
1 - 20	You may need additional help to repair and build a healthier communication process. Immediate attention should be given to this work.