



FREE Communication Quiz

Solving your communication difficulties begins now!

"We just can't communicate!" is the complaint I hear most often. Lack of effective, respectful communication is the cause of so much pain and at the heart of most fights. Are you experiencing what we did? Endless arguments? The laundry list of complaints? Broken agreements?

If you are, then I know you must be feeling discouraged...even despondent. Like us, you may be sick and tired of hurting your partner or others, and tired of *being* hurt. Several times I remember thinking I would do anything, even change myself, if it would give us relief from the pain and restore our "in love" feelings!

So, let's **identify what you are doing now** in your honest attempts to communicate. Let's find out if you're unintentionally creating distance and escalating arguments. Let's learn **HOW** to create emotional connection and resolve conflicts. Let's build a happy, lasting marriage!

About the Communication Quiz...

It was created as part of *Chapter 6: Playing Detective* in my book, ["How to Stay Married & Love It! Solving the Puzzle of a SoulMate Marriage."](#)

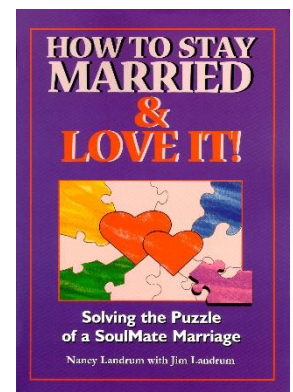
As you might tell by the title of the chapter (*Playing Detective*) the quiz was designed to be a neutral exploration to learn why your attempts to communicate may often result in hurt feelings or emotional separation.

A powerful beginning to your communication transformation...

I have given **The Quiz** to every couple I've coached at the beginning of our work together and again 60 days or so down the road. **The Quiz** is a very objective way to give feedback to the couple (and me) about the astounding improvement they've made in how they communicate with each other and how much happier they are with each other!

Now...

Make two copies, one for yourself and one for your partner to fill out separately. As truthfully as you each can, score yourself and your partner according to the directions. Once you've each completed your quizzes, read on to evaluate your results and take steps toward a happy lasting marriage.



Step #1: Communication Quiz

Taken from the book, [“How to Stay Married & Love It!”](#) by Nancy Landrum

0=Never 1=Rarely 2=Sometimes 3=Frequently

Assign the most accurate number for your exchanges in the past 14 days.
Add up your score, your spouse’s score and then a total combined score.

I do:	Partner does:	I do:	Partner does:
___	___ Use “always” and “never”	___	___ Use accusatory “you”
___	___ Give unwanted advice	___	___ The silent treatment
___	___ Withdraw with hurt feelings	___	___ Use sarcasm
___	___ Blame	___	___ Make excuses
___	___ Heap on shame/guilt	___	___ Talk hopeless talk
___	___ Condemn in vague generalizations	___	___ Act like “poor me”
___	___ Slam doors/damage valuable things	___	___ Run from conflict
___	___ Sidestep issue (i.e., change subject)	___	___ Be subservient/ passive
___	___ Insist on being in control	___	___ Call derogatory names
___	___ Refuse to assume responsibility	___	___ Bring up old business
___	___ Emotionally disconnect	___	___ Defensiveness
___	___ Compare spouse to another	___	___ Use hurtful humor
___	___ Jump from issue to issue	___	___ Embarrass in public
___	___ Use disrespectful tone of voice	___	___ Yell, scream, rage
___	___ Use threats in an attempt control	___	___ Lie
___	___ Punish by withholding affection	___	___ Intimidation/Violence
___	___ Use disparaging physical gestures	___	___ Hurtful targeted insults
___	___ Act condescending/ self-righteous	___	___ Get others to take sides
___	___ Threaten or flirt with infidelity	___	___ Interrupt
___	___ Be unfaithful	___	___ Practice an addiction
___	___ = Totals	___	___ =Totals

Total of my two columns _____ + Total for partner’s columns _____ = _____ Grand Total

(Possible total of 240. Higher the total=higher conflict, lower satisfaction.)

In day-to-day life, we make constant course-corrections based on feedback—one key doesn’t work so it must be the other one—but we seldom look at the feedback from (the results produced by) our communication tools. *Every* communication is an attempt to convey thoughts, feelings or needs and can be evaluated by this standard: Does it result in more or less loving, a better or worse relationship? Will you assume responsibility for your communication methods and change the ones that hurt our relationship?

Insanity is doing the same thing over and over again but expecting a different result!

**“Learning to communicate well requires practice, persistence, and patience,
but the pay-off of a great marriage is worth the effort.”**

Jim Landrum

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Now that you have the results...

If your scores are dramatically different from each other...

He may rate himself a 43 and you 86. You may rate yourself 81 (close to his rating) but you rate him a 79! The explanation might be that he is unaware of some of the things he's doing that hurt you. Or you might be more highly sensitive than he is. When the love relationship is fragile, it's common to *not be aware* of what we do that damages the energy between us. There is no right or wrong here. There are just two persons doing the best they can to score the quiz according to his or her experience.

If there is a dramatic difference between his combined total score and your combined total score, it only means that you have very different perceptions of your relationship. Don't be concerned. **It's just information about where you are starting your journey.**

If your individual and combined scores are nearly the same...

It means that your evaluations of the communication between you are roughly equal. You have about the same experience of conflict and presumably, desire for improvement. **Save your quizzes so you can track your progress. This is a valuable picture of your starting point.**

STEP #2: Are You Creating Distance or Connection?

ALL methods of communicating foster either emotional distance or connection.

"A SoulMate relationship is developed and maintained by sharing feelings and needs...not just opinions or thoughts. Sharing feelings and needs is literally the act of moving to a deeper level of connection...a level where feelings can be safely shared and heard, and where issues can successfully be resolved." Nancy Landrum, *How to Stay Married & Love It!* p. 79.



You didn't marry expecting to feel isolated, separate, and unsure of your value to this specially chosen partner. You married expecting the deep, intuitive connection of being "in love" to continue. **But at some point, the warts begin to appear...**a disagreement, a difference in values, an overdrawn checking account...life...

Distance happens when we feel invisible, unheard, undervalued ...unloved. When there is consistent emotional distance between you and someone you love, **it's painful. You are designed for connection.**

You may be asking the same questions Jim and I were asking...

We look sweet, don't we? But behind the scenes we were asking these questions:

- **HOW** do we stop fighting?
- **HOW** do we treat each other with respect when we're angry?
- **WHAT** do we do with our anger and frustration so that it won't increase the distance between us?
- **HOW** do we resolve this issue?



Step #3: Enter the Coach...

After literally years of searching, we eventually found some **basic communication skills**. Stuff like:

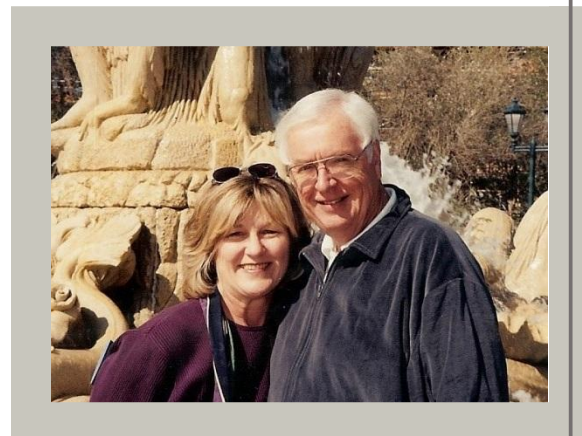
- ✓ Speak in “I” messages (I think... I feel...I wish that...I’m concerned about...)
- ✓ Avoid verbal attacks (How could you....? You forgot to... I told you...)
- ✓ Really listen to each other.

You’ve probably heard these tips before. They are recommended in every program, article or book you’ve ever read about healthy communication. But **actually putting them into practice in a very volatile relationship is not easy!** It took every bit of commitment we had to a loving, lasting marriage to use these tips, and more, when discussing our hot issue! It also took a great deal of support from our coach until these new skills became more habitual.

On one momentous day we’d made it through about 45 minutes of talking through our personal minefield without blowing up. **It was exhausting!** We stood. Jim opened his arms for a hug. He said, “That felt so respectful. **Let’s do our best to always treat each other with respect from now on...24/7!**” I agreed.

That was the day our marriage began to heal. It took about three months of intense use of these new skills, plus practicing some great anger management skills before we could **consistently maintain our goal of *always* treating each other with respect.**

Until we were consistently treating each other respectfully, it wasn’t possible to have understanding for each other’s point of view. It was only after developing emotional safety and more understanding for each other that we could find a mutually agreeable solution to our issue.



Step #4: What does this mean for you?

We wanted to save others the long search our journey had required, so we began teaching classes titled, **[“How to Stay Married & Love It!”](#)**. Those classes morphed into the book, **“How to Stay Married & Love It! Solving the Puzzle of a SoulMate Marriage”** and then the online, streaming course at **www.MillionaireMarriageClub.com**

Landing here means you’ve come to a place where **there are clear, effective answers to the questions that start with “How...?”** *I know* how to teach you how. *I know* from personal experience. *I know* by training. *I know* by twenty-five years of coaching couples out of pain to a happy lasting marriage. *I know* because of the feedback I’ve gotten from readers of my books and members of the **Millionaire Marriage Club**. Check the testimonies out at **www.RelationshipRehabCoach.com**

The most powerful, user-friendly guide... the [Millionaire Marriage Club](#)!



Now you can learn and practice the skills for building a happy, lasting marriage of your own! And, from the privacy of your own home.

The [Millionaire Marriage Club](#) fleshes out the huge gap between *learning about better skills* in a book and being able to *practice them successfully* in your most precious relationship.

When you join the Millionaire Marriage Club, you gain **unlimited access** to nineteen half-hour lessons divided into eight powerful modules that guide you step-by-step through the journey. With unlimited access, you can review lessons whenever you need to for extra support.

A Concern:

Don't let your love die by neglect and unresolved conflict. Doing nothing ends in either a miserable marriage or a devastating divorce. You have an opportunity to avoid tragic consequences and regrets...

Step #5: Now...

- Start building a happy lasting marriage. Join www.MillionaireMarriageClub.com for **\$1,197** with the option to make **three monthly payments of \$417**. You and your children deserve to have the joyful, peaceful marriage and home that you imagined when you said, "I do!"

Nancy Landrum



"I am your guide to a happy, lasting marriage."