



MARRIAGETEAM
COACHING FOR YOUR BEST MARRIAGE

How Effectively Are You Speaking?

*Marriage is hard work and MarriageTeam is here to help. Take this short assessment to see how your communication is working today. Answer the following statements with **True or False**.*

- I feel comfortable sharing negative feelings with my spouse.
- My spouse never responds defensively when I share something about our relationship.
- I don't feel blamed when my spouse comes to me with an issue.
- My spouse seems to understand how an issue really impacts me.
- My spouse is motivated to make changes when I share an issue with him/her.
- I don't think "Here we go again," when we have an argument about something we've already discussed.

*If you answered "**False**" to one more of these statements, MarriageTeam coaching can help. To find out more, visit www.marriageteam.org or call 360-450-6042.*

MarriageTeam is a Christian non-profit organization of couples coaching couples to restore hope and save marriages.