

# Engaged Couples Communication Assessment

## Couple Information

Partner 1 Name

Partner 2 Name

Email

Relationship Length (years)

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## Communication Skills

How often do you discuss important topics?

How well do you feel understood by your partner?

Describe a recent meaningful conversation you had together:

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## Conflict Resolution

How do you generally handle disagreements?

How satisfied are you with your conflict resolution?

What is your biggest challenge when communicating during a disagreement?

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## Goals & Growth

What communication skill(s) would you like to improve as a couple?

How do you support each other's growth in the relationship?