

STRENGTHENING COMMUNICATIONS IN RELATIONSHIPS

Improve Connection And Reduce Misunderstandings Now

		YES	NO
1	Do you set aside time regularly to talk with your partner without distractions?	<input type="checkbox"/>	<input type="checkbox"/>
2	Do you feel comfortable expressing your feelings openly and honestly?	<input type="checkbox"/>	<input type="checkbox"/>
3	Do you actively listen when your partner speaks, without interrupting or planning your response?	<input type="checkbox"/>	<input type="checkbox"/>
4	Do you ask clarifying questions when something your partner says is unclear?	<input type="checkbox"/>	<input type="checkbox"/>
5	Do you discuss disagreements calmly rather than allowing them to escalate into arguments?	<input type="checkbox"/>	<input type="checkbox"/>
6	Do you check in regularly with your partner about their emotional well-being and needs?	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you avoid using sarcasm, criticism, or defensiveness during conversations?	<input type="checkbox"/>	<input type="checkbox"/>
8	Do you and your partner have shared strategies for resolving conflict respectfully?	<input type="checkbox"/>	<input type="checkbox"/>
9	Do you express appreciation, affection, or affirmation on a consistent basis?	<input type="checkbox"/>	<input type="checkbox"/>
10	Do you reflect on your communication patterns and make efforts to improve them over time?	<input type="checkbox"/>	<input type="checkbox"/>

QUESTIONS? CONTACT YOUR FINANCIAL ADVISOR



THE CENTER FOR
RETIREMENT READINESS

What Your Answers Might Mean:



7–10 Yes Answers: You Are Communicating With Strength And Clarity: You and your partner have built a solid foundation of healthy, respectful dialogue that supports your long-term connection.



4–6 Yes Answers: You're On The Right Path But Still Have Work To Do: You've developed some strong communication habits, but there's room to strengthen your connection through more intentional practice.



0–3 Yes Answers: You May Be At Risk And Need To Take Immediate Action: Unhealthy communication patterns could be damaging your relationship-now is the time to focus on building better understanding and trust.