

## DEFECTIVE COMMUNICATION TOOLS INVENTORY

Taken from the book, *How to Stay Married & Love It!*, Nancy Landrum with Jim Landrum

Look back on your relationship with your spouse/partner for the last 14 days, and indicate next to each item listed below, how often you and they used each of the listed techniques with each other in the last two weeks, using the following scale:

<b>I Do:</b>					<b>Partner Does:</b>			
Never	Rarely	Sometimes	Frequently		Never	Rarely	Sometimes	Frequently
0	1	2	3	1. Use “always” and “never”.	0	1	2	3
0	1	2	3	2. Give unwanted advice.	0	1	2	3
0	1	2	3	3. Withdraw with hurt feelings.	0	1	2	3
0	1	2	3	4. Blame.	0	1	2	3
0	1	2	3	5. Condemn in vague generalizations.	0	1	2	3
0	1	2	3	6. Slam doors/throw things.	0	1	2	3
0	1	2	3	7. Sidestep issue (i.e., change subject).	0	1	2	3
0	1	2	3	8. Emotionally disconnect.	0	1	2	3
0	1	2	3	9. Jump from issue to issue.	0	1	2	3
0	1	2	3	10. Use disrespectful tone of voice.	0	1	2	3
0	1	2	3	11. Use threats in an attempt to control.	0	1	2	3
0	1	2	3	12. Punish by withholding affection.	0	1	2	3
0	1	2	3	13. Use accusatory “you”.	0	1	2	3
0	1	2	3	14. Refuse to speak to partner.	0	1	2	3
0	1	2	3	15. Use sarcasm.	0	1	2	3
0	1	2	3	16. Make excuses.	0	1	2	3
0	1	2	3	17. Act like “poor me”.	0	1	2	3
0	1	2	3	18. Run from conflict.	0	1	2	3
0	1	2	3	19. Call derogatory names.	0	1	2	3
0	1	2	3	20. Bring up old business.	0	1	2	3
0	1	2	3	21. Interrupt.	0	1	2	3
0	1	2	3	22. Use hurtful humor.	0	1	2	3
0	1	2	3	23. Yell, scream, rage.	0	1	2	3
0	1	2	3	24. Hurtful targeted insults.	0	1	2	3
0	1	2	3	25. Get others to take sides.	0	1	2	3

\_ \_ + \_ \_ + \_ \_ + \_ \_

= \_\_\_\_\_  
 (“I Do” Total)

\_ \_ + \_ \_ + \_ \_

= \_\_\_\_\_  
 (“Partner Does” Total)

\_\_\_\_\_ + \_\_\_\_\_ = \_\_\_\_\_  
 (“I Do” Total) + (“Partner Does” Total) = Grand Total for Both

**Instructions:** After you finish, add up the totals for the columns, as indicated at the bottom of the page, for “I Do” and “Partner Does” columns. Then add up the total for both columns.