Couple Communication: Keeping the Peace Quiz

1. Once again your partner stayed out later than you expected. You...
   a) Give your partner a piece of your mind, without holding back, as soon as they walk in the door.
   b) Say nothing, but fume inside and make a plan to get even some other way.
   c) Explain that you were worried about him or her and that you’d like to talk when you are feeling calm.

2. You come home from work feeling so tired and wiped out that you just want to lie on the couch and hang out with your partner. As soon as you get comfortable, your child starts crying from the other room. You really want your partner to take care of your child this time, so you...
   a) Get up and take care of your child without saying a thing. You know it wouldn’t do any good anyway.
   b) Let your child cry for awhile then in a moment of frustration make a rude comment about the lack of support.
   c) Say to your partner, “You’re so great with her and I’m so tired right now. Could you check on her this time?”

3. Your partner brings home a delicious dinner, but did so using money you just don’t have. Your response is to...
   a) Say nothing and ignore the issue.
   b) Make a snide comment about how nice it must be to buy whatever you want regardless if you can afford it.
   c) Eat it up and enjoy the night off from cooking and cleaning. Later, when the time is right, you say that although you appreciate the thought, you are concerned about getting off track financially and would like to make budget decisions together.
4. While sitting in the car with the kids, you see your partner give an ex a hug at the gas station without as much as an acknowledgement of you. In turn, you...
   a) Get out of the car and introduce yourself.
   b) Honk the horn repeatedly.
   c) Once you are back on the road you tell your partner that you felt uncomfortable and make a plan for how to deal with such events in the future.

5. You and your partner disagree on what to do when your child cries or wakes up during the night. You...
   a) Argue about it; it is just one more thing you disagree about but you are sure you are right about this one.
   b) Do it your way anyway.
   c) Find a time to sit down and come up with a plan that suits everyone’s needs.

6. It is your partner’s turn to clean the house, but he or she says they don’t feel well. Company is coming over and the apartment needs to be picked up. You...
   a) Lay on a guilt trip so that your partner will do his or her job.
   b) Make a comment about how this doesn’t surprise you, and clean up the house yourself.
   c) Send your partner off to bed while you make chicken soup and clean up.

Count the number of Cs you chose.

5-6—You got it going on! You know how to honor your partner and talk in a kind and respectful voice. You are doing great, but there is always room for improvement, so we are really glad you are here!

3-4—Not bad. It is likely you know how to talk the talk, but sometimes you just get lost in old habits or are unsure of how to keep the peace. You are in just the right place to practice the good and maybe even learn a new trick or two!

0-2—You are right where you need to be to pick up some tips on how to keep the peace in your relationship. We are so glad you are here!