

Dr. Patty Ann's Relationship Communication Quiz:

Your communication skills and ability to listen can make or break your relationship. Answer the following questions about your communication style within your partnership.

1. Do you feel as if you are talking to a wall when you talk to your partner?
 Yes No
2. When you and your partner speak, do either of you feel misunderstood?
 Yes No
3. Do you or your partner watch TV, listen to their iPod or send an email while you are trying to have a conversation with each other?
 Yes No
4. Do you find yourself not listening when your partner is talking because you think what they have to say is not relevant or you're just waiting to say what you want to say?
 Yes No
5. Is it possible that neither of you are REALLY listening to each other?
 Yes No

If you or your partner answered yes to either of these questions, it's time for damage control. **It is often what's NOT being said that is most likely destroying your relationship.**

By recognizing the need to improve communication and listening skills, you are one step closer to creating the ideal relationship of your dreams. And yes, you really can get back on track!

Dr. Patty Ann's Relationship Toolbox™ can help eliminate the miscommunication vacuum between you and your partner and create a relationship full of mutually beneficial communication where you actually listen to each other.