



Biblical Counseling
ALLIANCE

| | |
|-------|--|
| Name: | |
| Date: | |

COMMUNICATION ASSESSMENT

| | Never | | | | | Always | | | | |
|---|-------|---|---|---|---|--------|---|---|---|----|
| I build others up with my speech. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| My speech is gracious. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I enjoy communicating with others. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I am a good listener. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| When I am angry I use inappropriate language. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I speak the truth in love. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I do not gossip/slander others. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I am fearful of communicating with others what I truly believe. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I communicate in ways that maintain peace in relationships. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I am okay with others disagreeing with me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I am often distracted when others are speaking with me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I communicate my spiritual struggles with others. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I encourage others with my speech. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I use humorous speech inappropriately. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I am willing to speak with someone who has sinned against me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I use my speech to complain. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I use my speech to criticize. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I use my speech to blame others and make excuses. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I respond godly when I am attacked. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| My speech is polite and kind. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

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|--|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| I interrupt others when they are talking. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I talk too little. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I clam up in an argument. | | | | | | | | | | |
| I blow up in an argument. | | | | | | | | | | |

Short Answer:

What is the goal of communicating for a Christian? (1 Corinthians 10:31)

How does your spirituality in the heart affect communication with others? (Luke 6:43-45)

What is so dangerous about how a Christian uses his tongue? (James 3)

What does it mean to communicate with grace? (Ephesians 4:29)