

Name \_\_\_\_\_

Date \_\_\_\_\_

**FAMILY COMMUNICATION ASSESSMENT-1**

Please respond to the statements below with the appropriate response to the right.

Strongly Agree      Agree      Not Sure      Disagree      Strongly Disagree

1. I feel like in my family we don't even make an effort to communicate      SA      A      NS      D      SD

2. We try to communicate in my family, but it seems like it usually doesn't do any good      SA      A      NS      D      SD

3. When we communicate in my family people interrupt each other a lot      SA      A      NS      D      SD

4. People in my family often shout or talk really loudly when we try to communicate      SA      A      NS      D      SD

5. Even though people listen in my family it still doesn't seem like they really understand what you are trying to say      SA      A      NS      D      SD

6. Even if people in my family listen and seem to understand me, it seems like they still don't respect my point of view and/or feel like they have to argue against it (judgment/lack of validation)      SA      A      NS      D      SD

7. I feel judged for a lot of the things I say in my family      SA      A      NS      D      SD

8. People in my family are direct and open about their judgments of what I say      SA      A      NS      D      SD

9. People in my family don't judge me directly, but I can still tell they don't approve of what I say      SA      A      NS      D      SD

10. People in my family won't leave me alone when I want to talk      SA      A      NS      D      SD

11. When I talk to people in my family it seems like they usually want to give me advice, instructions or lessons.      SA      A      NS      D      SD

12. People in my family sound mean or judgmental when they talk about other people      SA      A      NS      D      SD

13. There's no one in my family I feel safe talking to      SA      A      NS      D      SD