Negative Family Communication Patterns

Rank how well your family usually communicates with each other:
(1 = hardly ever, 2 = sometimes, 3 = very often)

___ Call each other names
___ Put each other down
___ Interrupt each other
___ Criticize too much
___ Get defensive
___ Turn away from speaker
___ Talk in a sarcastic tone
___ Get off topic
___ Think the worst of the person
___ Dredge up the past
___ Read other’s mind
___ Command, order people
___ Give the silent treatment for a long time
___ Make light of what someone says
___ Deny you did something when you really did it
___ Nag about small mistakes

Adapted from: Problem solving Communication Training, Robin, Bedway & Gilroy. CBT+