

# Couples Communication Exercises Worksheet

We (Ashley and Marcus Kusi) designed this printable communication worksheet to go along with our article titled Communication Exercises for Couples.

So, if you haven't read the article, please read it before you complete this worksheet. To read the article, click on the link below:

[www.ourpeacefulfamily.com/cefc](http://www.ourpeacefulfamily.com/cefc)

Also, you will need at the very least, 30 minutes to go through all the exercises together.

Now, let's begin!

Who will respond as You:

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Who will respond as Me:

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**Exercise 1.** May I have your attention, please?

*What are some ways you can get each other's attention before you start communicating with your spouse about anything?*

You: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Exercise 2.** No yelling.

- 1. What are some things you can do when you start to feel defensive or have a heated argument?*

You: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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*2. What are some things your partner can do to kindly alert you that you might be the one who needs a moment to calm down?*

You: \_\_\_\_\_

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Me: \_\_\_\_\_

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**Exercise 3.** A mile in your partner's shoes.

*Think about a topic that you disagree on, and ask your spouse why that is so important for them. Ask them how it makes them feel, or why they feel a certain way about it.*

You: \_\_\_\_\_

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Me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Exercise 4.** Confirm understanding.

1. *What is one way you can implement clarification into your daily conversations with your partner?*

You: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. *What are some other tools (lists, giving them a heads-up, etc.) you can use to confirm your partner's understanding about your expectations, or vice versa?*

You: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Exercise 5.** Change your style.

1. *Write down what your communication styles are, and discuss how your communication styles are different.*

You: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. *Write three specific ways you can communicate with your partner using their communication style(s)?*

You: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Me: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Exercise 6.** Take a break.

Write down the maximum amount of time you will need to take a break from an argument? Then discuss and agree on a set time duration.

You: \_\_\_\_\_

Me: \_\_\_\_\_

Agreed Time Duration: \_\_\_\_\_

**Exercise 7.** Rinse and repeat.

Yes, just like it sounds. Repeat these steps over and over until they become your reflexes when communicating.

The next section has the questions you need to use for the Communication Activity Questions Exercise.

## Communication Activity Exercise Questions

Sit down with your partner and discuss your answers to the following questions about communication together. Remember to take turns answering each question.

1. What do you think is your biggest struggle when it comes to communicating with your spouse?

- What can you do to overcome this struggle?
- What can your partner do to help you overcome this struggle?

2. If you could change one thing about how you communicate with your spouse, what would it be?

- More specifically, what will you do to make this change a reality?

3. What are some of the topics that you have the most difficulty communicating with your spouse?

- Why do you find these topics difficult to communicate about?

4. Do you communicate with respect to your partner? If no, what can you do to communicate to them with respect?

5. What is one thing your spouse does well when it comes to communicating with you?

- What do you love about this one thing?

Lastly, as you go through each question, remember to listen with empathy, be truthful, and respectful of your spouse.

## Communication Resources for Couples

Thank you for completing this communication worksheet for couples. We hope you found it helpful. For more communication resources, check out our best-selling books:

1. *Communication in Marriage: How to Communicate with Your Spouse Without Fighting, 2nd Edition.*

Click on the link below to see it:

[www.ourpeacefulfamily.com/cefccimbook](http://www.ourpeacefulfamily.com/cefccimbook)

2. *Questions for Couples: 469 Thought-Provoking Conversation Starters for Connecting, Building Trust, and Rekindling Intimacy*

Click on the link below to see it:

[www.ourpeacefulfamily.com/cefcqfcbook](http://www.ourpeacefulfamily.com/cefcqfcbook)

3. *Our Bucket List Adventures: A Journal for Couples*

Click on the link below to see it:

[www.ourpeacefulfamily.com/cefcoblbook](http://www.ourpeacefulfamily.com/cefcoblbook)

Have a wonderful day,

Ashley and Marcus Kusi.

*Enjoy your marriage, enjoy your life!*