

Friend Communication Skills Scale

Directions

Communication is the exchange of thoughts, opinions and information with your friends. It is the way you relate to them on an interpersonal level. Communication involves talking and listening to your friends, asserting yourself when you need to and arguing appropriately. Whether you are sharing personal experiences or talking about what each of you would like to do on the weekend, you are using communication skills. Open, honest and direct communication is critical in any healthy friendship.

The Friend Communications Skills Scale can help you explore how well you are communicating with your friends. Choose one of your friends whom you will be thinking of as you complete the assessment. It contains 50 statements. Read each of the statements and decide how much you agree. T represents true and F represents false. In the following example, the circled F indicates that the statement is FALSE for the person completing the scale:

When I am talking with my friend, I . . .

Use language my friend can understand

T

F

This is not a test and there are no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will likely be the most true for you. Be sure to respond to every statement.

At this point, think about one of your friends as you answer the questions on the assessment that follows.

Friend Communication Skills Scale

When I am talking with this friend, I . . .

1. use language my friend can understand T F
2. usually understand what my friend is saying T F
3. will clarify my friend's statement if I don't understand something T F
4. am straightforward and direct T F
5. say what I feel so that my friend does not have to read my mind T F
6. check to make sure my friend hears and understands what I say T F
7. use "I" statements to take responsibility for what I am saying T F
8. ask for feedback about what I say T F
9. make sure my friend understands my body language T F
10. talk for myself, and rarely say "everybody..." or "they say..." T

F DM – TOTAL T's =

When this friend and I disagree about something, I . . .

11. usually blame my friend T F
12. make threats like "I won't be your friend anymore if..." T F
13. call my friend names T F
14. rarely take responsibility for my part T F
15. bring up past disagreements T F
16. often speak and act in ways that make my friend feel bad T F
17. tease and mock my friend T F
18. raise my voice, even though I may not be aware of it at the time T F
19. send negative messages such as "you're fat, stupid, _____." T F
20. try and defend my position, even if I know I am wrong T F

DA – TOTAL F's = _____ Friend's code name: _____

When this friend asks too much of me, I . . .

21. think it is selfish to put my needs before my friend's needs T F
22. fear that my friend will get angry if I disagree T F
23. have a hard time standing up for myself T F
24. wish I could ask for what I want more often T F

- 25. am too passive and I regret it later T F
- 26. will not express my opinion if it is different T F
- 27. do not like to make my friend angry, so I go along T F
- 28. rarely question my friend T F
- 29. hesitate to tell my friend how I feel T F
- 30. always try to accommodate my friend T F

BA – TOTAL F's =

When I listen to this friend, I . . .

- 31. am good at reading non-verbal cues and body language T F
- 32. usually hear and pay attention T F
- 33. do not interrupt T F
- 34. ask for explanations if I do not understand something said T F
- 35. notice the feelings behind what my friend is saying T F
- 36. am careful to show positive body language T F
- 37. allow my friend enough time to express a viewpoint T F
- 38. try not to get defensive T F
- 39. attempt to remain optimistic T F
- 40. am sure to look at the situation from my friend's point of view T F

AL – TOTAL T's =

When this friend and I argue, I . . .

- 41. usually respond to anger by getting angry at myself T F
- 42. sometimes say things that are insulting T F
- 43. tease more than I should T F
- 44. complain about my friend to others T F
- 45. get angry and shout T F
- 46. frequently bring up past mistakes T F
- 47. say cruel remarks T F
- 48. make personal attacks T F
- 49. lose control once I get started T F
- 50. criticize too harshly T F

CF – TOTAL F's = _____