

CHRISTIAN COUNSELING OF MANSFIELD

Biblical Communication Assessment

Evaluate yourself in how well you applied the following truths during your last conflict with your spouse.

	Disagree			Agree	
	1	2	3	4	5
1. I spoke the truth in love. (Ephesians 4:15)					
2. I did not sin with angry speech. (Ephesians 4:26; Proverbs 16:21)					
3. I did not let anger carry over to the next day. (Ephesians 4:26; Proverbs 22:24, 25)					
4. I used my speech to encourage and build up those who are listening. (Ephesians 4:29)					
5. I was quick to seek forgiveness. (Matthew 5:23-25; Colossians 3:13)					
6. I was quick to grant forgiveness. (Matthew 5:23-25; Matthew 18:15ff)					
7. I did not bring up past issues I claim to have forgiven . (Proverbs 17:9; Ephesians 4:31, 32 – following Christ's example)					
8. I was quick to listen, slow to speak, and slow to anger. (James 1:19, 20; Proverbs 15:18; 15:28)					
9. I examined my own heart before confronting my spouse. (Matthew 7:1-5)					
10. I took responsibility for what I say in anger. (Psalm 119:11, 105; Proverbs 12:20; Hebrews 4:12)					
11. I sought to resolve the issue rather than argue. (Proverbs 17:14; 20:3)					
12. I was careful with my choice of words. (Ephesians 4:29; Proverbs 25:11)					
13. I used discernment as to the timing of approaching the issue. (Proverbs 25:11)					
14. I sought to return harsh comments with gentle answers. (Proverbs 15:1, 28; 25:15)					
15. I did not give my spouse the silent treatment. (Colossians 4:6)					
16. I listened attentively and did not interrupt. (Proverbs 18:13)					
17. I was not defensive when confronted with an issue. (Proverbs 12:15; 14:12; 17:10; 26:20)					
18. My speech reflected a tender heart. (Ephesians 4:29-32; Proverbs 22:24, 25)					
19. I controlled my tongue. (James 3:1-12)					
20. The fruit of the Spirit in me was evident in the way I addressed the issue. (Galatians 5:16-23)					

Dell W. Canright, MA, LPC-S
817-453-9310

www.christiancounselingofmansfield.com

Christian Counseling of Mansfield
dscanright@yahoo.com

*** If you find this assessment helpful, please duplicate and distribute to others. ***