

**Christian Counseling of Mansfield**  
Biblical Communication Assessment

Use the following assessment to evaluate your ability to deal with issues biblically during a conflict.

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

Good Resource: Wayne Mack's Strengthening Your Marriage, chapter 4.

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