



SELF ANALYSIS COMMUNICATION QUESTIONNAIRE

'To govern self is to govern the world'

We must understand how and why we construct our conflict stories about ourselves and each other BEFORE we understand how to examine these in a way that empowers us to make the positive changes and improvements needed in the way we communicate with each other.

Below, is framework of questions relating to YOURSELF and designed to help you think differently about any conflict with another person or people, relating to things you normally argue about.

There is a different guide focusing on the OTHER person and what you might do or say to influence THEM to think and feel differently about you and, therefore behave differently towards you.

The questions in this guide will hopefully help you to build a better understanding of why YOU think, feel and behave the way you do, towards the other person(s) so that you can begin to make the necessary personal changes necessary to improve communication with them.

It is important for you AND the other person(s) to complete your own questionnaires and share them with each other, in order to build a mutual understand and better quality communication between you.

They are divided into questions that identify;

- what is causing you to react- **The What**
- why you react in this way – **The Why**
- how you can think and act differently to change the way YOU think, feel and behave towards the other person, in a more positive way (self manage)- **The How**

So, here goes:

THE WHAT

1.What did we argue about?

Q. Our argument was about the fact that..... (X always turns up late/ X never listens/...)

2. When I talk to others about what has happened, what do I mostly focus on – THE WHAT

Q. When I talk to others about what has happened, I seem to spend most time talking about.....

THE WHY

3. What is it about what was said or done and/or the way it was said or done, that caused me to react most strongly

Q. I reacted the strongest when X

Q. When I think and talk about what X does and/or says, I react so strongly because I believe/think that

Q. When I think about and talk about what X does and/or says, I react so strongly because I feel that

4. When I react so strongly, what might I be protecting myself from (further hurt, guilt, blame/shame, anger...)

Q. When I react so strongly, it could be because I am protecting myself from.....

THE HOW

5. How would I prefer to think, feel and behave differently towards X

Q. I would prefer to.....

6. What would it mean to me/difference would it make to my life, if I could think, feel and behave in the way I would prefer towards the other person- My motivation

Q. If I could think, feel and behave in the way I would prefer to, it would mean so much to me because....

7.How would I prefer to think, feel differently about myself, when in conflict with X

Q. I would prefer to think/feel (more assertive/confident..).....

8.What would it mean to me if I could think and feel in the way I would prefer about myself, when in conflict with X- My motivation

Q. If I could think/feel in the way I would prefer to, it would mean

9.What will I think or do differently to feel differently about what X says or does

Q. When X next does or says the things that cause me to react the strongest I am going to.....

10.What will I think or do differently to feel differently about myself when X says or does

Q. When X next does or says the things that cause me to react the strongest I am going to.....