

Personality Inventory Chart

On a scale of 0-4, rate yourself and every family member on the following qualities. Four is the highest rating and zero is the lowest. For example, for the first quality, if you are very patient, give yourself a four. If you are not patient at all, give yourself a zero. If you are somewhere in between, rate yourself from one to three. Circle any area where you and family members differ by more than one point. Discuss how differences or similarities affect your family relationships.

Qualities	You	Mate	Child 1	Child 2	Child 3	Child 4
Patient						
Accepting						
Stubborn						
Easily annoyed						
Resentful						
Forgiving						
Dominant						
Self-centered						
Gentle						
Pushy						
A good listener						
Reasonable						
Considerate						
A loner						
Depressive						
Open						
Expressive						
Practical						
Efficient						
Neat, organized						
Extravagant						
Reliable						
Affectionate						

Qualities	You	Mate	Child 1	Child 2	Child 3	Child 4
Athletic						
Ambitious						
A pleasant voice						
Musical						
A good dresser						
Forgetful						
Lazy						

Indicate below the approximate extent of agreement or disagreement between you and other family members for each item in the list. Use the following scale:

- 1 = always agree
- 2 = frequently agree
- 3 = occasionally disagree
- 4 = frequently disagree
- 5 = almost always disagree
- 6 = always disagree
- 7 = not applicable

After you have completed the rating, circle the numbers of the items that pose the greatest potential for conflict.

	You & Mate	Child 1	Child 2	Child 3	Child 4
Use of money					
Recreational matters					
Spiritual matters					
Friends (social life)					
Demonstrations of affection					
Correct or proper behavior					
Philosophy of life; goals					
Time spent together					
Making major decisions					
Leisure time activities					
Career decisions					
Prayer and Bible study together					

	You & Mate	Child 1	Child 2	Child 3	Child 4
Where to live					
What type of housing to live in					
Ways of dealing with grandparents, parents, and in-laws					
Use of alcohol or drugs					
How to resolve disagreements					
Sexual issues					
Family life issues: training and discipline, fun times, etc.					
Church attendance and involvement					
Marriage and family expectations					
Occupational, scholastic, professional matters					
Family chores and responsibilities					
The husband's/wife's roles and responsibilities					

Take the following Circuit Jammer Inventory. Evaluate yourself and other family members on each of the items mentioned. Use the rating scale: never do this (4), seldom do this (3), sometimes do this (2), often do this (1), usually do this (0). Be honest about your ratings. Make this a learning experience.

Lying	4	3	2	1	0
Blatant	4	3	2	1	0
Exaggeration	4	3	2	1	0
Misrepresentation	4	3	2	1	0
Sidetracking	4	3	2	1	0
Verbal slamming	4	3	2	1	0
Abusive, mocking speech	4	3	2	1	0
Cancellation speech	4	3	2	1	0
Gunpowder speech	4	3	2	1	0
Ventriloquistic speech	4	3	2	1	0
Final-word speech	4	3	2	1	0
Excessive negative talk	4	3	2	1	0

Mind-reading speech	4	3	2	1	0
Overpowering speech (loud, forceful, pushy)	4	3	2	1	0
Manipulative, punitive speech	4	3	2	1	0
Double-bind speech	4	3	2	1	0
Disregarding speech (failure to acknowledge the other person's contributions)	4	3	2	1	0
Emotional, unrestrained speech (angry, dramatic, overreactive)	4	3	2	1	0
Disjointed speech (no connection to what is being discussed, out-of-place for the circumstances)	4	3	2	1	0
Picayune speech (making big deals out of insignificant things)	4	3	2	1	0
Excessive cotton-candy speech	4	3	2	1	0
Excessive heavyweight, problem-oriented speech	4	3	2	1	0
Placating, insincere speech	4	3	2	1	0
Hasty, knee-jerk speech	4	3	2	1	0
Blame-shifting, defensive speech	4	3	2	1	0
Ungodly speech (saying things that are contrary to the Bible or that the Bible would not have us talk about)	4	3	2	1	0
Evasive speech (refusal to talk about issues directly, misleading people)	4	3	2	1	0
Profane, vulgar speech	4	3	2	1	0
Sarcastic speech (put-downs, cutting speech)	4	3	2	1	0

Take the following “real talk” inventory. Evaluate yourself and other family members on each of the items mentioned. Use the rating scale: almost always do this (4), often do this (3), sometimes do this (2), seldom do this (1), never do this (0).

My (or another’s) speech is characterized by:

Honesty	4	3	2	1	0
Accuracy	4	3	2	1	0
Openness	4	3	2	1	0
Motivation to build up	4	3	2	1	0
Grace and graciousness	4	3	2	1	0
A respectful tone	4	3	2	1	0
Encouragement	4	3	2	1	0
A positive tone and nature	4	3	2	1	0
Gentleness	4	3	2	1	0
Warmth and tenderness	4	3	2	1	0
A pleasant tone	4	3	2	1	0
Proper timing	4	3	2	1	0
Sensitivity to others’ needs	4	3	2	1	0
Kindness	4	3	2	1	0
Hopefulness and comfort	4	3	2	1	0
A servant spirit	4	3	2	1	0
Sensitivity to others’ interests	4	3	2	1	0
Sensitivity to others’ moods	4	3	2	1	0
Proper placement or setting	4	3	2	1	0

Make a list of “real talk” characteristics on which you scored yourself or other family members 0, 1, or 2. Pray about and plan how you can improve these.

Take the following communication inventory. Evaluate yourself and other family members on each of the items mentioned. Use the rating scale: almost always do this (4), often do this (3), sometimes do this (2), seldom do this (1), never do this (0).

When communicating with another family member, I...

Squarely face the other person.	4	3	2	1	0
Express openness through my hands and arms.	4	3	2	1	0
Express interest through my body posture.	4	3	2	1	0
Look at the person who is speaking.	4	3	2	1	0
Am appropriately relaxed, not tense.	4	3	2	1	0
Listen with my mind.	4	3	2	1	0
Pace my responses in accordance with the emotional state of the speaker.	4	3	2	1	0
Discipline myself to listen even when I'm tired.	4	3	2	1	0
Discipline myself to listen even when I don't agree with what is being said.	4	3	2	1	0
Control my emotions as I listen.	4	3	2	1	0
Discipline myself to listen even when I am being rebuked or corrected.	4	3	2	1	0
Am patient, slow to be angry.	4	3	2	1	0
Control my responses.	4	3	2	1	0
Don't dominate the conversation.	4	3	2	1	0
Allow the other person freedom to talk about his/her interests and concerns.	4	3	2	1	0
Appreciate and listen to counsel.	4	3	2	1	0
Allow others fully to state their opinions.	4	3	2	1	0
Refrain from drawing conclusions or giving advice until I have carefully listened.	4	3	2	1	0
Recognize that my viewpoint may be biased.	4	3	2	1	0
Welcome and solicit the input of others.	4	3	2	1	0
Am eager to hear.	4	3	2	1	0
Seek to serve others by listening.	4	3	2	1	0
Am aware that I may not always accurately hear the words another person uses.	4	3	2	1	0
Recognize that we may use the same words or phrases with slightly different meanings.	4	3	2	1	0
Try to understand another person's words in the way he/she uses them.	4	3	2	1	0
Realize that my interpretation of another person's speech will be influenced by what I perceive about the other person's feelings as he/she is speaking.	4	3	2	1	0

Recognize that my interpretation of another person's feelings may be erroneous.	4	3	2	1	0
Am cautious in attributing an evil intent to another person's statements.	4	3	2	1	0
Hear people out and don't jump to conclusions.	4	3	2	1	0
Refrain from dogmatically predicting what the other person is going to say.	4	3	2	1	0
Acknowledge that the other person knows what he meant much better than I do.	4	3	2	1	0
Refuse to use the time when the other person is speaking to prepare my response.	4	3	2	1	0
Am slow to interrupt.	4	3	2	1	0
Can accurately summarize and reflect what has been said to me.	4	3	2	1	0
Let the other person complete his/her story.	4	3	2	1	0