



# Couple's Communicative Evaluation Scale



*CCES*

*Couple's Premium Report*

[www.CouplesCommunicationProgram.com](http://www.CouplesCommunicationProgram.com)

Powered by  
PSYCHWEST, Clinical & Forensic Psychology  
Couple's Communicative Evaluation Scale  
Craig West, Psy.D.

# Couple's Communicative Evaluation Scale (CCES)

## A Couple's Relationship Checkup and Couple's Communication Enrichment Program (CCEP)!

by PSYCHWEST, Clinical & Forensic Psychology

Congratulations on completing the Couple's Communicative Evaluation Scale (CCES), a Couple's Relationship Checkup and Couple's Communication Enrichment Program (CCEP). The core foundation of the Couple's Communicative Evaluation Scale is based on the assumption that communication weaknesses and distress within a relationship go hand in hand. That is, as positive communication interactions between partners become more negative, couples will experience more distress within their relationship. The Couple's Communicative Evaluation Scale is designed to measure both communicative impairment and varying satisfaction among couples. It is a validated and researched test which identifies individual communication patterns between partners.

The CCES should be viewed as a diagnostic tool for monitoring your relationship. You take your car in for an oil change every 3 months to ensure that it is in working order. Why not do the same for yourself? Make sure your relationship is well adjusted, and maintained. Give your relationship the attention it needs to flourish. Your CCES results are not permanent or unchangeable. These results indicate where your relationship is today. Understanding your communication patterns and making the effort to build on your strengths and make changes where needed will alter the scores and your satisfaction with each other.

If you have concerns regarding your relationship or would like to explore ways to increase your intimacy, the Couple's Communication Program (CCEP) may be the next step you're looking for. Taking the time to reflect on and enhance your relationship is an important part of growing as a couple. The Couple's Communication Enrichment Program (CCEP) is designed to assist you and your partner in identifying your communication strengths and weaknesses. It is also intended to identify strategies that will enhance your communication with one another; therefore, increasing your sense of intimacy and feelings of being appreciated. The CCEP program guides couples in nurturing one another and their relationship. It also asserts that if you and your partner communicate in loving ways and learn how to handle issues in a way that fosters the other, your relationship will flourish.

The resulting profile scores from the CCES can be used by professionals working with couples in all stages of their relationship. Professionals who have comprehensive knowledge of the CCES and the CCEP are known as CCES Analysts and Intimate Communication Specialists (ICS). Intimate Communication Specialists use the initial results from the CCES to provide an actual starting point for couples' therapy. They use your results to personally develop a Couple's Communication Enrichment Program unique to your particular needs. The process encourages honesty and active engagement in the program's process. The CCES may be taken at different stages of the program to determine what progress has been made and what aspects of communication needs to be addressed further. The CCES results and the CCEP continue to provide ways to new, positive, loving and successful communication exchanges. Therefore, as your communication with each other improves throughout the steps of the program, you will see your satisfaction with one another increase.

If you have concerns regarding your CCES scores or would like to explore ways to increase your intimacy, you may contact an Intimate Communication Specialist/CCES Analyst who can give you professional feedback and assistance. To find an Intimate Communication Specialist/CCES Analyst in your area visit [www.psychwest.com](http://www.psychwest.com). We hope the results found here will assist you in your endeavor to create a loving, harmonious relationship. We wish you much success!

Thank You,



Craig West, Psy.D.  
Clinical/Forensic Psychologist  
Director of the CCES and CCEP  
Intimate Communication Specialist and CCES Analyst

### For Professionals

Would you like to learn how to become an Intimate Communication Specialist and CCES Analyst?

[Click Here](#)

### For Couples

Are you looking for an Intimate Communication Specialist/CCES Analyst who can assist you in the exploration of your relationship?

[Click Here](#)

Are you looking for romantic and fun ideas that will boost intimacy?

[Click Here](#)

## Couple's Communicative Evaluation Scale (CCES) Summary Page (Level)

1A and 1B = Self perception of own communication  
 2A and 2B = Self perception of partner's communication  
 3A and 3B = Self perception of couple's communication  
 4A and 4B = Couple's perception of self's (Partner 1 or 2) communication  
 5A/B= Overall Couple's Communication

Level		
1 = MINIMAL DIFFICULTIES	⇒	VERY SATISFIED
2 = MILD DIFFICULTIES	⇒	SATISFIED
3 = MODERATE DIFFICULTIES	⇒	DISSATISFIED
4 = SEVERE DIFFICULTIES	⇒	VERY DISSATISFIED
5 = PROFOUND DIFFICULTIES	⇒	EXTREMELY DISSATISFIED

	Name: 1: John Doe Partner #1 ID# 1058				Name: 2: Jane Doe Partner #2 ID# 1058B				Couple's Communication 5A/B	T Score Form 5A/B
	1A	2A	3A	4A	1B	2B	3B	4B		
	1: John Doe	2: Jane Doe			2: Jane Doe	1: John Doe				
MECHANICAL - VERBAL SUBSCALE	2	2	2	3	3	4	3	2	3	
EMOTIONAL - VERBAL SUBSCALE	2	2	2	3	3	4	3	3	3	
<b>VERBAL SCALE SCORE</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>62</b>
MECHANICAL - NONVERBAL SUBSCALE	2	2	2	3	3	3	3	2	2	
EMOTIONAL - NONVERBAL SUBSCALE	2	2	2	3	3	4	3	2	3	
<b>NONVERBAL SCALE SCORE</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>61</b>
MECHANICAL - ATTENDING SUBSCALE	2	2	2	3	2	4	3	2	2	
EMOTIONAL - ATTENDING SUBSCALE	2	2	2	3	2	5	3	2	3	
<b>LEVEL 1 / ATTENDING</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>5</b>	<b>3</b>	<b>2</b>	<b>3</b>	
MECHANICAL - INTERPRETATION SUBSCALE	3	3	3	4	2	5	3	3	3	
EMOTIONAL - INTERPRETATION SUBSCALE	3	2	3	3	2	4	3	2	3	
<b>LEVEL 2 / INTERPRETATION</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>3</b>	<b>3</b>	<b>3</b>	
<b>LISTENING SCALE SCORE</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>58</b>
<b>OVERALL COMMUNICATION SCORE</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>60</b>
<b>CRITICAL SCALE SCORE</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>49</b>

### Validity Profile

			Missed
DEVIANT SUBSCALE FOR PARTNER #1	VALID ⇒	INTERPRET	John Doe 1
DEVIANT SUBSCALE FOR PARTNER #2	VALID ⇒	INTERPRET	INTERPRET
<b>DEVIANT SCALE SCORE</b>	VALID ⇒	INTERPRET	
CONSISTENCY SUBSCALE FOR PARTNER #1	VALID ⇒	INTERPRET	
CONSISTENCY SUBSCALE FOR PARTNER #2	QUESTIONABLE VALIDITY ⇒	CAUTION INTERPRETATION	Jane Doe 0
<b>CONSISTENCY SCALE SCORE</b>	QUESTIONABLE VALIDITY ⇒	CAUTION INTERPRETATION	INTERPRET
COMBINED SUBSCALE FOR PARTNER #1	VALID ⇒	INTERPRET	
COMBINED SUBSCALE FOR PARTNER #2	QUESTIONABLE VALIDITY ⇒	CAUTION INTERPRETATION	
<b>COMBINED SCALE SCORE</b>	QUESTIONABLE VALIDITY ⇒	CAUTION INTERPRETATION	

### Agreement Level

Couple's Verbal Agreement Level  
 Couple's Nonverbal Agreement Level  
 Couple's Listening Agreement Level  
**Couple's Overall Agreement Level**

### Overall Couple

FAIR AGREEMENT  
 FAIR AGREEMENT  
 FAIR AGREEMENT  
**FAIR AGREEMENT**

### 1: John Doe

POOR AGREEMENT  
 POOR AGREEMENT  
 POOR AGREEMENT  
**POOR AGREEMENT**

### 2: Jane Doe

FAIR AGREEMENT  
 FAIR AGREEMENT  
 GOOD AGREEMENT  
**GOOD AGREEMENT**

## Couple's Communicative Evaluation Scale (CCES) (Percentage Score)

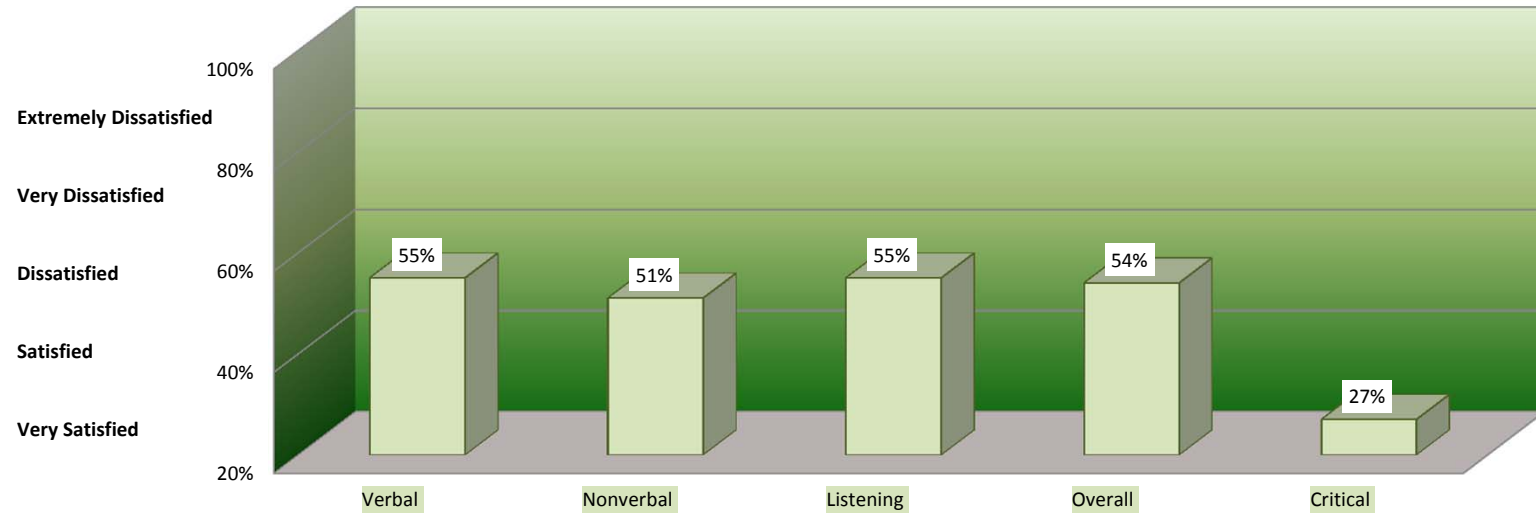
1A and 1B = Self perception of own communication  
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 4A and 4B = Couple's perception of self's (Partner 1 or 2) communication  
 5A/B= Overall Couple's Communication

Level	
1 = MINIMAL DIFFICULTIES	⇒ VERY SATISFIED
2 = MILD DIFFICULTIES	⇒ SATISFIED
3 = MODERATE DIFFICULTIES	⇒ DISSATISFIED
4 = SEVERE DIFFICULTIES	⇒ VERY DISSATISFIED
5 = PROFOUND DIFFICULTIES	⇒ EXTREMELY DISSATISFIED

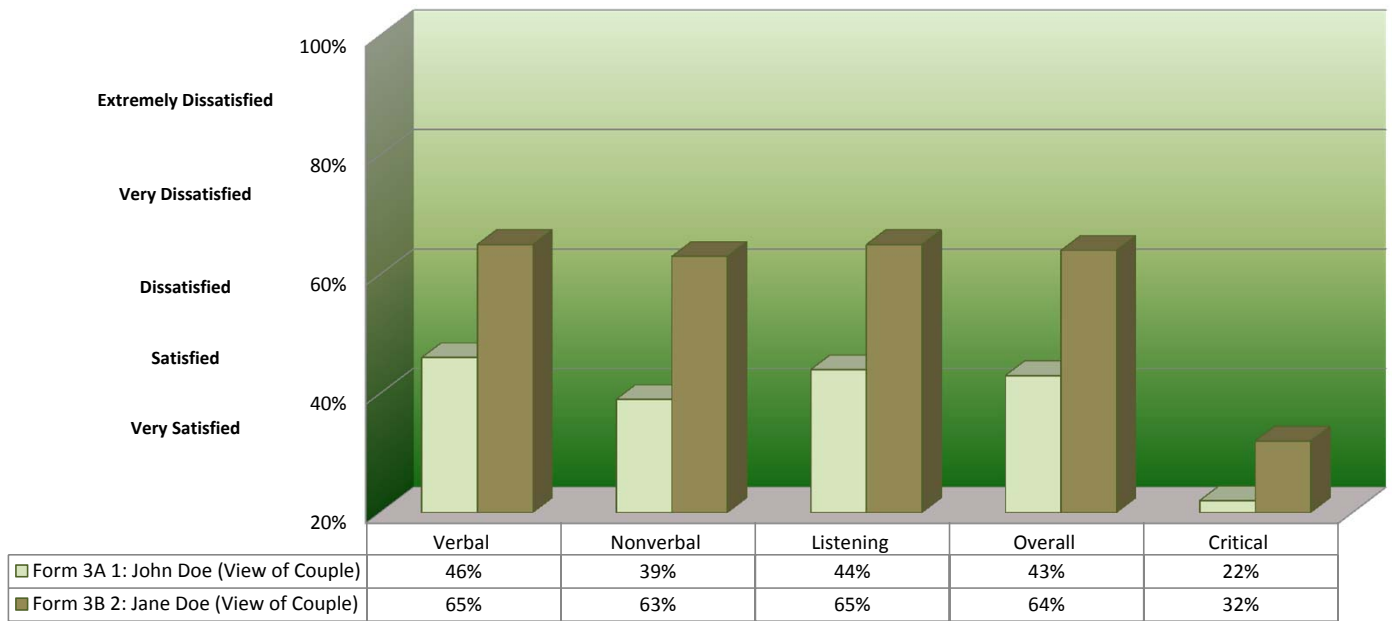
	Name: 1: John Doe Partner #1 ID# 1058				Name: 2: Jane Doe Partner #2 ID# 1058B				Couple's Communication 5A/B
	1A	2A	3A	4A	1B	2B	3B	4B	
MECHANICAL - VERBAL SUBSCALE	45%	38%	42%	60%	51%	76%	64%	45%	53%
EMOTIONAL - VERBAL SUBSCALE	50%	50%	50%	65%	52%	80%	66%	51%	58%
<b>VERBAL SCALE SCORE</b>	<b>48%</b>	<b>44%</b>	<b>46%</b>	<b>63%</b>	<b>52%</b>	<b>78%</b>	<b>65%</b>	<b>48%</b>	<b>55%</b>
MECHANICAL - NONVERBAL SUBSCALE	34%	42%	38%	52%	53%	70%	62%	48%	50%
EMOTIONAL - NONVERBAL SUBSCALE	36%	43%	40%	55%	54%	74%	64%	48%	52%
<b>NONVERBAL SCALE SCORE</b>	<b>35%</b>	<b>43%</b>	<b>39%</b>	<b>54%</b>	<b>53%</b>	<b>72%</b>	<b>63%</b>	<b>48%</b>	<b>51%</b>
MECHANICAL - ATTENDING SUBSCALE	34%	36%	35%	62%	31%	90%	60%	34%	48%
EMOTIONAL - ATTENDING SUBSCALE	41%	37%	39%	67%	43%	93%	68%	40%	54%
<b>LEVEL 1 / ATTENDING</b>	<b>38%</b>	<b>37%</b>	<b>37%</b>	<b>65%</b>	<b>37%</b>	<b>91%</b>	<b>64%</b>	<b>37%</b>	<b>51%</b>
MECHANICAL - INTERPRETATION SUBSCALE	56%	61%	59%	74%	46%	91%	69%	54%	64%
EMOTIONAL - INTERPRETATION SUBSCALE	54%	49%	51%	66%	50%	77%	64%	49%	58%
<b>LEVEL 2 / INTERPRETATION</b>	<b>55%</b>	<b>55%</b>	<b>55%</b>	<b>70%</b>	<b>48%</b>	<b>84%</b>	<b>66%</b>	<b>51%</b>	<b>61%</b>
<b>LISTENING SCALE SCORE</b>	<b>45%</b>	<b>44%</b>	<b>44%</b>	<b>67%</b>	<b>41%</b>	<b>89%</b>	<b>65%</b>	<b>43%</b>	<b>55%</b>
<b>OVERALL COMMUNICATION SCORE</b>	<b>43%</b>	<b>44%</b>	<b>43%</b>	<b>62%</b>	<b>48%</b>	<b>81%</b>	<b>64%</b>	<b>46%</b>	<b>54%</b>
<b>CRITICAL SCALE SCORE</b>	<b>22%</b>	<b>22%</b>	<b>22%</b>	<b>30%</b>	<b>25%</b>	<b>38%</b>	<b>32%</b>	<b>23%</b>	<b>27%</b>

## Form 5A/B Couple's Overall Score

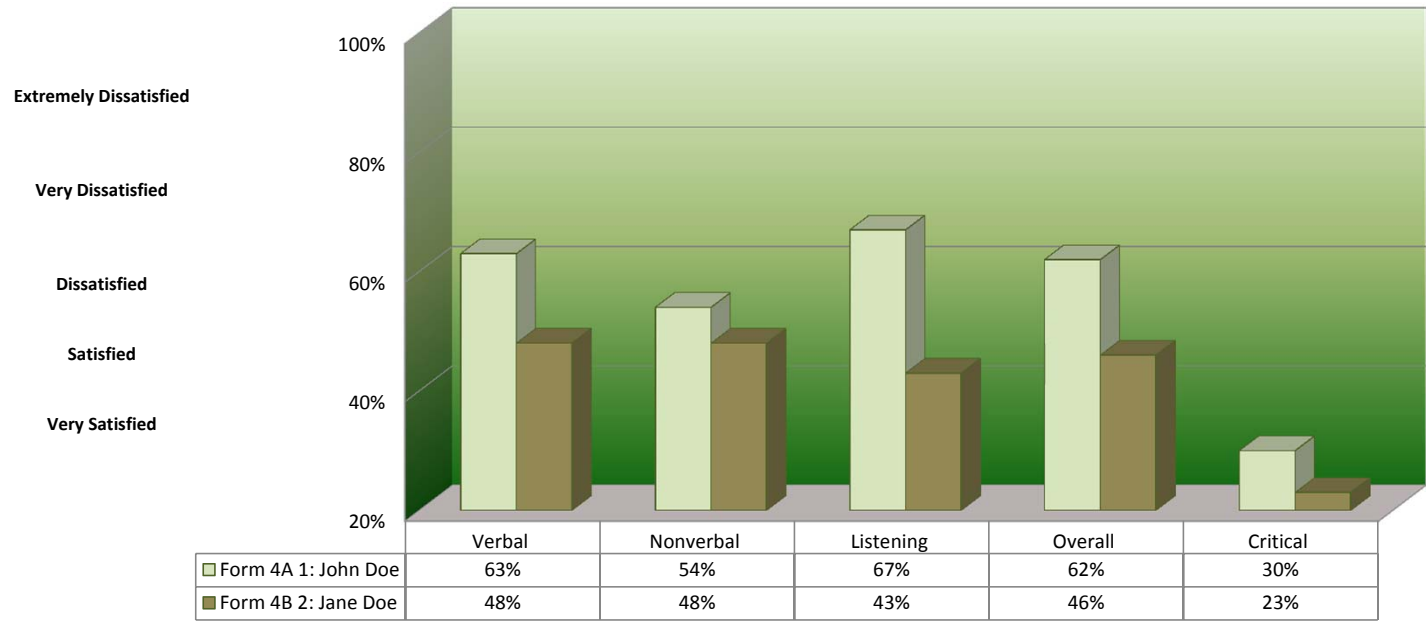
Form 5A/B Couple's Overall Score



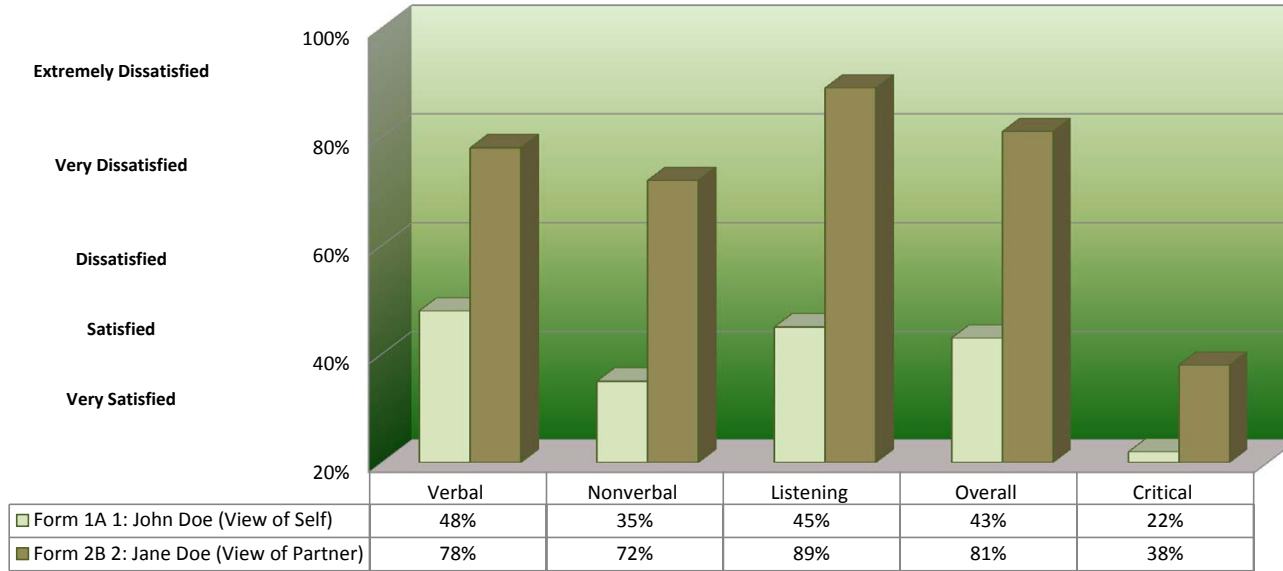
### Perception of Couple's Communication



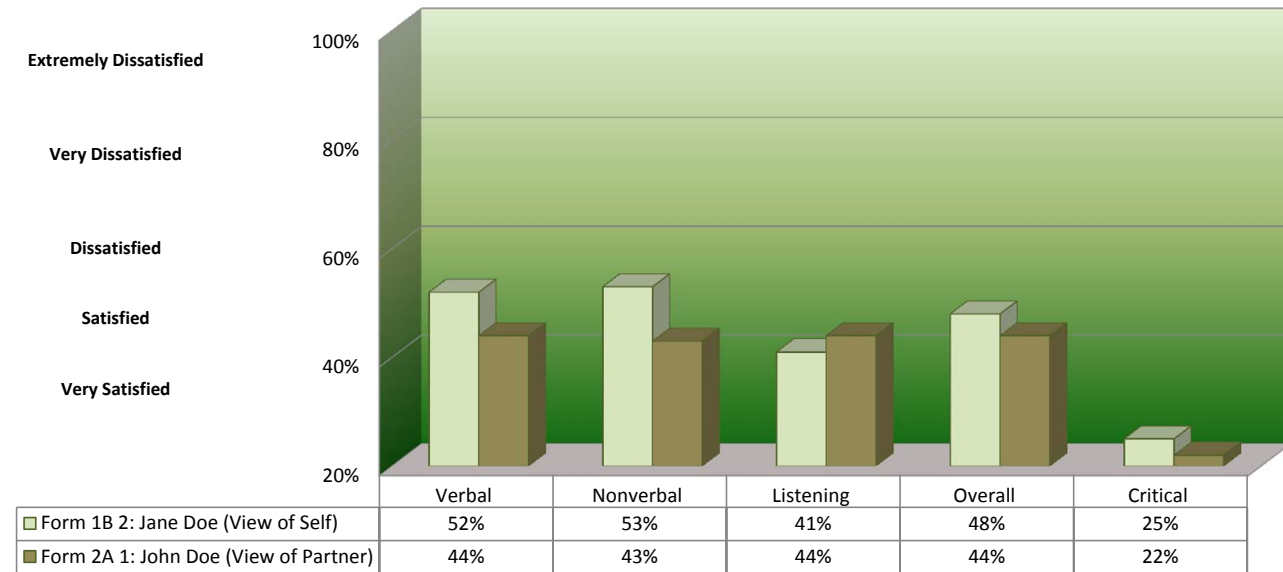
### Couple's View of Self



**(Partner #1)**  
**View of Self Vs. Partner's View**



**(Partner #2)**  
**View of Self Vs. Partner's View**



# REPORT INTERPRETATION - Couple's Perception Regarding Overall Communication

John Doe & Jane Doe

## Overall Communication Scale Score

**This section of the CCES is the overall score based on the combined questions answered by both individuals. This score is used to analyze the couple's overall communication pattern.**

Overall, this couple views their communication as poor. They feel that, generally, they have some moderate difficulty communicating their thoughts and feelings to one another. They are acknowledging that they have some significant difficulties in the way they communicate. Although at times they may feel content and happy as a couple, more often than not they feel distress within the relationship. Some guidance could assist the couple in communicating better given their significant communication patterns overall. Their satisfaction with one another is poor and they likely exhibit fights that are not typically seen between satisfied couples. They are currently deemed to be at a moderate risk of separation or divorce and some guidance and support in assisting their interaction with one another would be helpful and recommended.

## Verbal Scale Score

**This section of the CCES is the overall verbal score based on the combined questions answered by both individuals. This score is used to analyze the couple's overall ability to communicate verbally.**

The Overall Verbal Scale Score indicates that this couple, more often than not, may say things that are hurtful and that they have trouble communicating or stating their needs effectively to one another. The things they say to each other likely creates distress between them.

### Mechanical-Verbal Subscale

The Mechanical-Verbal Subscale Score indicates that this couple may have moderate difficulty communicating words in a positive way. Examining their sentence structure should reveal that they may articulate their needs inappropriately some of the time and their verbal communication style sometimes leads to a fairly negative interaction. They may be able to accurately state positive things about one another at times, although there appears to be moderate difficulties in this area. Their satisfaction level in this area is likely low.

### Emotional-Verbal Subscale

The Emotional-Verbal Subscale Score indicates that this couple sometimes says things to one another that do not feel good and are communicated verbally with negative emotions. Their ability to say things to one another with sincere emotions appears to be impaired and contributes to a poor communication interaction. Their ability to communicate verbally with positive emotions does appear to be moderately impaired at this time.

## Nonverbal Scale Score

**This section of the CCES is the overall nonverbal score based on the combined questions answered by both individuals. This score is used to analyze the couple's overall ability to communicate nonverbally.**

The Overall Nonverbal Scale Score indicates that this couple does not use nonverbal gestures adequately and has difficulty creating feelings of safety with one another. They may demonstrate affection by the things they do at times, although it is likely to be inconsistent and/or harsh. They may do the small things (e.g., opening the car door, hugging) that contribute to good nonverbal communication, although it may also be limited at times or their actions are performed without feelings of genuineness. They are likely inconsistent in doing things that demonstrate their love to one another and they may be dissatisfied in this area. Some moderate support might assist in enhancing this couple's nonverbal interaction so that they are able to demonstrate their love and desire for one another in a more caring and gentle fashion.

### **Mechanical-Nonverbal Subscale**

The Mechanical-Nonverbal Subscale Score indicates that this couple most likely uses nonverbal gestures adequately that create feelings of safety with one another, although at times they may have times where they struggle in demonstrating affection by the things they do. Overall, they appear to have only mild difficulty in this area.

### **Emotional-Nonverbal Subscale**

The Emotional-Nonverbal Subscale Score indicates that this couple may lack some positive feelings and may dislike doing things for or with one another at times. The moderate persistency and intensity warrants attention to assist the couple in doing things for one another without the negative emotional baggage associated with the nonverbal gestures. They likely demonstrate with moderate dissatisfaction.

## **Listening Scale**

**This section of the CCES is the overall listening score based on the combined questions answered by both individuals. This score is used to analyze the couple's overall ability to communicate by actively listening and correctly understanding each other's communication.**

The Overall Listening Scale Score indicates that this couple most likely demonstrates with moderately poor listening skills. They make attempts when communicating, although they sometimes fall short when trying to focus on each other. They likely do not attempt to ask for clarification to make sure there are no misunderstandings or their skill in doing so without feelings of frustration and anger is likely impaired. They may not completely respect each other's views and find it fairly difficult to listen to what the other partner is saying. They sometimes misunderstand each other's needs, especially during an argument. Some guidance and expertise in developing better listening skills is recommended.

### **Level 1 / Attending**

#### *Mechanical-Attending Subscale*

The Mechanical-Attending Scale Score indicates that this couple likely is able to take in information given by their partner, although some mild difficulty may be present. They likely have fair attending skills when their partner is trying to convey an important message and are likely able to listen intently without interrupting most of the time. They are likely to have mild difficulty overall paying attention to each other's nonverbal cues. This is an area that could be developed further to avoid future problems.

#### *Emotional-Attending Subscale*

The Emotional-Attending Scale Score indicates that this couple is likely unable to take in information given by their partner with positive feelings as often as would be recommended. They may sometimes be able to listen with compassion, demonstrate good eye contact and appear soft, warm and sincere when listening to each other; however, listening with compassion at other times is likely to be a struggle for them. They are likely to demonstrate with a moderate impairment in displaying appropriate emotions when listening to their partner, especially when serious matters are being discussed. They likely feel some defensiveness and may have difficulty remaining calm when their partner is communicating to them.

### **Level 2 / Interpretation**

#### *Mechanical-Interpretation Subscale*

The Mechanical-Interpretation Scale Score indicates that this couple is likely having moderate difficulty accurately and correctly interpreting the meaning behind their partner's words and actions. They feel like they sometimes misunderstand each other and are losing touch with one another. They sometimes feel understood, but may have limited abilities in asking for clarification. They have difficulty maintaining a solid relationship built on understanding and may sometimes lack an ability to validate what their partner is saying or doing so that misunderstandings are minimized. They likely have difficulty interpreting their partner's words and actions, thus decreasing each partner's trust that they are understood.

### *Emotional-Interpretation Subscale*

The Emotional-Interpretation Scale Score indicates that this couple is likely having moderate difficulty accurately and correctly interpreting the feelings behind their partner's words and actions. They feel like they sometimes understand each other and are not in touch with how their partner feels and the reasons behind those feelings. They sometimes feel understood and they likely have limited skills in knowing how to ask for clarification about how their partner is feeling. They have a moderate impairment in maintaining a solid relationship built on understanding and may sometimes lack an ability to validate what the other is feeling so that misunderstandings are minimized. They likely have undeveloped skills when interpreting their partner's feelings, thus decreasing each partner's trust that they are understood.

### **Critical Scale Score**

**This section of the CCES is the overall critical score based on the combined questions answered by both individuals. This score is used to analyze the couple's overall ability to communicate without using the more extreme negative styles of communication which would place them at a substantially higher risk of damaging the relationship.**

The Overall Critical Scale Score indicates that this couple communicates in positive ways most of the time, although they sometimes communicate to each other in critical ways that place them at risk for future problems. Overall, they likely do not communicate often in severely demeaning or aggressive ways towards each other and may still demonstrate an ability to work well within the relationship and communicate effectively. As a couple they are reporting some mild problems communicating to one another in a respectful way, although for the most part, they are likely still able to resolve problems together without using critically negative communication. Few, if any, domestic violence patterns are likely to be present. They may be feeling some strain in the way they communicate.

# REPORT INTERPRETATION - Individual Perception Regarding Each Person's Communication

## Partner #1 - John Doe

### Overall Communication Scale Score (View of Couple)

**This section of the CCES is the overall score based on the questions answered by the individual. This score is used to identify the individual's perspective of the couple's overall communication skills.**

John Doe, you likely feel that as a couple you both communicate fairly well. Generally, you believe that you and your partner have some mild difficulty communicating your thoughts and feelings to one another. You acknowledge that you and your partner have mild difficulties in the way you communicate and are likely fairly content and happy where you are as a couple. Some guidance could assist you and your partner in communicating better, although no significant communication patterns overall are reported. You believe that as a couple you and your partner are satisfied and that you and your partner likely exhibit some typical fights seen between satisfied couples. Based on your perspective, you and your partner are currently deemed to be at a low risk of separation or divorce at this time, although some monitoring of your interaction between one another over time would be helpful and recommended. You appear somewhat satisfied with the relationship and may be looking for ideas on how your relationship can move in a more positive direction.

### Overall Communication Scale Score (View of Each Individual)

**This section of the CCES is the overall score based on the questions answered by the individual. These scores are used to identify the individual's perspective of his/her overall communication skills as well as his/her partner's overall communication skills.**

John Doe, based on your perspective, you believe that you communicate fairly well. Generally, you believe that you have mild difficulty communicating your thoughts and feelings to your partner. You acknowledge that you have minimal difficulties in the way you communicate and are likely fairly content and happy with your communication skills as a whole. You appear satisfied with how you communicate within the relationship, although some guidance in helping you move to a more intimate way of communicating could be beneficial.

John Doe, based on your perspective, you believe that your partner communicates fairly well. Generally, you believe that your partner has mild difficulty communicating his/her thoughts and feelings to you. You acknowledge that your partner has minimal difficulties in the way he/she communicates and are likely fairly content and happy with your partner's communication skills as a whole. You appear satisfied with how your partner communicates within the relationship, although some guidance in helping your partner move to a more intimate way of communicating could be beneficial.

### Verbal Scale Score

**This section of the CCES is the overall verbal score based on the verbal questions answered by the individual. These scores are used to identify the individual's perspective of his/her verbal abilities as well as his/her partner's verbal abilities.**

John Doe, you believe you say things that make your partner feel good, although at times you may demonstrate mild difficulty communicating or stating your needs effectively to your partner. This places you and your partner at a mild risk for future problems. The things you say to your partner likely creates a mixture of distress and harmonious feelings between you both. Some guidance could assist you in managing your verbal communication style to circumvent any future problems; however, you appear to be satisfied overall with how you communicate to your partner verbally.

John Doe, you believe your partner says things that make you feel good, although at times your partner may demonstrate mild difficulty communicating or stating his/her needs effectively to you. This places you and your partner at a mild risk for future problems. The things your partner says to you likely creates a mixture of distress and harmonious feelings between you both. Some guidance could assist your partner in managing his/her verbal communication style to circumvent any future problems, however, you appear to be satisfied overall with how your partner communicates to you verbally.

### **Mechanical-Verbal Subscale**

John Doe, the Mechanical-Verbal Subscale Score indicates that you may have mild difficulty communicating words in a positive way; however, examining your sentence structure should reveal that you are able to articulate your needs well for the most part and your verbal communication style lends to a fairly positive interaction. You appear able to accurately state positive things about your partner and there appears to be only minor difficulties in this area. Your satisfaction level in this area is likely fair.

John Doe, the Mechanical-Verbal Subscale Score indicates that your partner may have mild difficulty communicating words in a positive way; however, examining your partner's sentence structure should reveal that he/she is able to articulate his/her needs well for the most part and your partner's verbal communication style lends to a fairly positive interaction. Your partner appears able to accurately state positive things about you and there appears to be only minor difficulties in this area. Your satisfaction level in this area is likely fair.

### **Emotional-Verbal Subscale**

John Doe, the Emotional-Verbal Subscale Score indicates that you feel you primarily say things verbally to your partner that feel good and are positive, although at times you may struggle saying things with positive emotions. Your ability to communicate verbally with positive emotions appears to be mildly impaired at this time.

John Doe, the Emotional-Verbal Subscale Score indicates that you feel your partner primarily says things verbally to you that feel good and are positive, although at times your partner may struggle saying things with positive emotions. Your partner's ability to communicate verbally with positive emotions appears to be mildly impaired at this time.

## **Nonverbal Scale Score**

**This section of the CCES is the overall nonverbal score based on the nonverbal questions answered by the individual. These scores are used when identifying the individual's perspective of his/her nonverbal abilities as well as his/her partner's nonverbal abilities.**

John Doe, the Overall Nonverbal Scale Score indicates that you feel you primarily use nonverbal gestures adequately, that create feelings of safety with your partner. You may demonstrate affection by the things you do at times, although it may not be as frequent or as gentle as you would like. You may do the small things (e.g., opening the car door, hugging) that contribute to good nonverbal communication, although it may also be limited at times. You are likely inconsistent in doing things that demonstrate your love to your partner, although you may be fairly satisfied in this area and are not significantly distressed. Some brief assistance might help enhance your nonverbal interaction with your partner.

John Doe, the Overall Nonverbal Scale Score indicates that you feel your partner primarily uses nonverbal gestures adequately, that create feelings of safety with you. Your partner may demonstrate affection by the things he/she does at times, although it may not be as frequent or as gentle as you would like. Your partner may do the small things (e.g., opening the car door, hugging) that contribute to good nonverbal communication, although it may also be limited at times. Your partner is likely inconsistent in doing things that demonstrate his/her love to you, although you may be fairly satisfied in this area and are not significantly distressed. Some brief assistance might help enhance your partner's nonverbal interaction with you.

### **Mechanical-Nonverbal Subscale**

John Doe, the Mechanical-Nonverbal Subscale Score indicates that you feel you sometimes use nonverbal gestures that create feelings of safety with your partner. At other times you may struggle in demonstrating affection by the things you do. Overall, you appear to have only mild difficulty in this area.

John Doe, the Mechanical-Nonverbal Subscale Score indicates that you feel your partner sometimes uses nonverbal gestures that create feelings of safety with you. At other times your partner may struggle in demonstrating affection by the things he/she does. Overall, your partner appears to have only mild difficulty in this area.

### **Emotional-Nonverbal Subscale**

John Doe, the Emotional-Nonverbal Subscale Score indicates that you feel you demonstrate with positive feelings about the relationship and have positive feelings doing things for your partner, sometimes. The persistency and intensity of these feelings may be present for the most part. At times though the frequency of doing things for your partner without having negative emotional baggage associated with the nonverbal gestures may be limited. Any dissatisfaction in this area is likely to be minimal.

John Doe, the Emotional-Nonverbal Subscale Score indicates that you feel your partner demonstrates with positive feelings about the relationship and has positive feelings doing things for you, sometimes. The persistency and intensity of these feelings may be present for the most part. At times though the frequency of doing things for you without having negative emotional baggage associated with the nonverbal gestures may be limited. Any dissatisfaction in this area is likely to be minimal.

## **Listening Scale**

**This section of the CCES is the overall listening score based on the listening questions answered by the individual. These scores are used to analyze the individual's perception of his/her ability to communicate by actively listening and correctly understanding his/her partner's communication as well as his/her partner's ability to communicate by actively listening and correctly understanding his/her partner's communication.**

John Doe, the Overall Listening Scale Score indicates that you feel you demonstrate with fair listening skills. You make good attempts in focusing on your partner when communicating, although you may fall short at times. You likely attempt to ask for clarification to make sure there are no misunderstandings, some of the time. You likely respect your partner's views and find it fairly easy to listen to what your partner is saying. You are likely to understand your partner's needs fairly well. Some brief guidance may assist in enhancing your listening skills, although any mild listening skill impairments you might have do not appear to be as significant as those found in dissatisfied couples.

John Doe, the Overall Listening Scale Score indicates that you feel your partner demonstrates with fair listening skills. Your partner makes good attempts in focusing on you when communicating, although he/she may fall short at times. Your partner likely attempts to ask for clarification to make sure there are no misunderstandings, some of the time. Your partner likely respects your views and finds it fairly easy to listen to what you are saying. Your partner is likely to understand your needs fairly well. Some brief guidance may assist in enhancing your partner's listening skills, although any mild listening skill impairments your partner might have does not appear to be as significant as those found in dissatisfied couples.

### **Level 1 / Attending**

#### *Mechanical-Attending Subscale*

John Doe, the Mechanical-Attending Scale Score indicates that you feel you are able to take in information given by your partner, although some mild difficulty may be present. You likely have fair attending skills when your partner is trying to convey an important message and are likely able to listen intently without interrupting most of the time. You feel you have mild difficulty overall paying attention to your partner's nonverbal cues.

John Doe, the Mechanical-Attending Scale Score indicates that you feel your partner is able to take in information given by you, although some mild difficulty may be present. Your partner likely has fair attending skills when you are trying to convey an important message and is likely able to listen intently without interrupting most of the time. You feel your partner has mild difficulty overall paying attention to your nonverbal cues.

### *Emotional-Attending Subscale*

John Doe, the Emotional-Attending Scale Score indicates that you feel you are able to take in information given by your partner with positive feelings for the most part, although at times you may demonstrate with feelings of negativity. You, for the most part, are able to listen with compassion, demonstrate good eye contact and appear soft, warm and sincere when listening to your partner. You have mild difficulty displaying appropriate emotions when listening to your partner. You may appear defensive at times and remaining calm with your partner when serious matters are being discussed may not always occur.

John Doe, the Emotional-Attending Scale Score indicates that you feel your partner is able to take in information given by you with positive feelings for the most part, although at times your partner may demonstrate with feelings of negativity. Your partner, for the most part, is able to listen with compassion, demonstrate good eye contact and appear soft, warm and sincere when listening to you. Your partner has mild difficulty displaying appropriate emotions when listening to you. Your partner may appear defensive at times and remaining calm with you when serious matters are being discussed may not always occur.

## **Level 2 / Interpretation**

### *Mechanical-Interpretation Subscale*

John Doe, the Mechanical-Interpretation Scale Score indicates that you feel you are having moderate difficulty accurately and correctly interpreting the meaning behind your partner's words and actions. You feel that you sometimes misunderstand your partner and are losing touch with him/her. You sometimes feel you understand your partner but may have limited abilities in asking for clarification. You have difficulty maintaining a solid relationship built on understanding and sometimes may lack an ability to validate what your partner is saying or doing so that misunderstandings are minimized. You likely have difficulty interpreting your partner's words and actions, thus decreasing your partner's trust that he/she is understood.

John Doe, the Mechanical-Interpretation Scale Score indicates that you feel your partner is having moderate difficulty accurately and correctly interpreting the meaning behind your words and actions. You feel that your partner sometimes misunderstands you and is losing touch with you. You sometimes feel your partner understands you but may have limited abilities in asking for clarification. Your partner has difficulty maintaining a solid relationship built on understanding and sometimes may lack an ability to validate what you are saying or doing so that misunderstandings are minimized. Your partner likely has difficulty interpreting your words and actions, thus decreasing your trust that you are understood.

### *Emotional-Interpretation Subscale*

John Doe, the Emotional-Interpretation Scale Score indicates that you feel you are likely having moderate difficulty accurately and correctly interpreting the feelings behind your partner's words and actions. You feel like you sometimes understand your partner and are not in touch with how your partner feels and the reasons behind those feelings. You sometimes feel that you understand your partner although you may have limited skills in knowing how to ask for clarification on how your partner is feeling. You have a moderate impairment in maintaining a solid relationship built on understanding and may sometimes lack an ability to validate what your partner is feeling so that misunderstandings are minimized. You likely have undeveloped skills when interpreting your partner's feelings, thus decreasing your partner's trust that he/she is understood.

John Doe, the Emotional-Interpretation Scale Score indicates that you feel your partner is likely able to accurately and correctly interpret the feelings behind your words and actions for the most part, although there are misunderstandings at times. You feel like your partner understands you and is in touch with how you feel. You infrequently feel that your partner misunderstands you but when he/she does, your partner has the skills to appropriately ask for clarification on how you are feeling. Your partner maintains a fairly solid relationship built on understanding and an ability to validate what you are feeling so that misunderstandings are minimized. Your partner likely has fair skills when interpreting your feelings, thus increasing your trust that you are understood. Your partner may be prone to future difficulty in understanding you.

## **Critical Scale Score**

**This section of the CCES is the overall critical score based on the critical questions answered by the individual. These scores are used to identify how the individual perceives his/her ability and his/her partner's ability to communicate without using more extreme negative styles of communication which would place the relationship substantially at a higher risk of damage.**

John Doe, the Overall Critical Scale Score indicates that you feel you communicate in positive ways most of the time, although you sometimes communicate to your partner in critical ways that place the relationship at risk for future problems. Overall, you likely do not communicate often in severely demeaning or aggressive ways towards your partner and may still demonstrate an ability to work well within the relationship and communicate effectively. You are reporting some mild problems communicating to your partner in a respectful way, although for the most part, you are likely still able to resolve problems appropriately without using critically negative communication. Few, if any, domestic violence patterns are likely to be present. You may be feeling some strain in the way you communicate.

John Doe, the Overall Critical Scale Score indicates that you feel your partner communicates in positive ways most of the time, although your partner sometimes communicates to you in critical ways that place the relationship at risk for future problems. Overall, your partner likely does not communicate often in severely demeaning or aggressive ways towards you and may still demonstrate an ability to work well within the relationship and communicate effectively. You are reporting that your partner has some mild problems communicating to you in a respectful way, although for the most part, your partner is likely still able to resolve problems appropriately without using critically negative communication. Few, if any, domestic violence patterns are likely to be present. You may be feeling some strain in the way your partner communicates.

# REPORT INTERPRETATION - Individual Perception Regarding Each Person's Communication

## Partner #2 - Jane Doe

### Overall Communication Scale Score (View of Couple)

**This section of the CCES is the overall score based on the questions answered by the individual. This score is used to identify the individual's perspective of the couple's overall communication skills.**

Jane Doe, you likely feel that as a couple you both communicate poorly. Generally, you feel that you and your partner have some moderate difficulty communicating your thoughts and feelings to one another. You acknowledge that you and your partner have moderate difficulties in the way you communicate to one another. Although at times you are both content and happy as a couple, many times you believe that the relationship feels distressed. Your satisfaction with one another is poor and you and your partner likely exhibit fights that are not typically seen between satisfied couples. Based on your perspective you and your partner are currently deemed to be at a moderate risk of separation or divorce and some guidance to assist your interaction with one another would be helpful and recommended. You do not appear satisfied with the relationship and are looking for changes.

### Overall Communication Scale Score (View of Each Individual)

**This section of the CCES is the overall score based on the questions answered by the individual. These scores are used to identify the individual's perspective of his/her overall communication skills as well as his/her partner's overall communication skills.**

Jane Doe, based on your perspective, you believe that you communicate fairly well. Generally, you believe that you have mild difficulty communicating your thoughts and feelings to your partner. You acknowledge that you have minimal difficulties in the way you communicate and are likely fairly content and happy with your communication skills as a whole. You appear satisfied with how you communicate within the relationship, although some guidance in helping you move to a more intimate way of communicating could be beneficial.

Jane Doe, based on your perspective, you believe that your partner communicates very poorly. Generally, you believe that your partner has marked difficulty communicating his/her thoughts and feelings to you. You acknowledge that your partner has significant difficulties in the way he/she communicates and are likely not content or very happy with your partner's communication skills as a whole. You appear very dissatisfied with how your partner communicates, and at times, very distressed within the relationship. Some guidance in helping your partner move to a more intimate way of communicating would be very beneficial for him/her and is highly recommended.

### Verbal Scale Score

**This section of the CCES is the overall verbal score based on the verbal questions answered by the individual. These scores are used to identify the individual's perspective of his/her verbal abilities as well as his/her partner's verbal abilities.**

Jane Doe, you believe you say things that are hurtful and that you have trouble communicating or stating your needs effectively to your partner. The things you say to your partner likely creates distress between you both. This may be a challenging area for you and gaining understanding on how you can communicate verbally in more intimate ways is recommended.

Jane Doe, you believe your partner says things that are hurtful and that your partner has marked trouble communicating or stating his/her needs effectively to you. The things your partner says to you creates significant distress between you both. Your partner is at a significant risk for verbal escalation and verbal assaults towards you. This is likely a challenging area for your partner and gaining understanding on how he/she can communicate verbally in more intimate and appropriate ways is highly recommended.

### **Mechanical-Verbal Subscale**

Jane Doe, the Mechanical-Verbal Subscale Score indicates that you may have moderate difficulty communicating words in a positive way. Examining your sentence structure should reveal that you may sometimes articulate your needs inappropriately and your verbal communication style sometimes leads to a negative interaction. You may state positive things about your partner at times, although there appears to be moderate difficulties in this area. Your satisfaction level in this area is likely low.

Jane Doe, the Mechanical-Verbal Subscale Score indicates that your partner may present with significant difficulty communicating words in a positive way and that your partner's communication with you is becoming increasingly harmful. Examining your partner's sentence structure should reveal that he/she is likely articulating his/her needs inappropriately for the most part and your partner's verbal communication style leads to a fairly negative interaction. There appears to be significant difficulties in this area and positive statements are likely significantly limited. Your satisfaction level in this area is likely very low.

### **Emotional-Verbal Subscale**

Jane Doe, the Emotional-Verbal Subscale Score indicates that you feel you sometimes say things to your partner with negative emotions that do not feel good. Your ability to say things to your partner with sincere positive emotions appears to be impaired and contributes to a poor communication interaction for you and your partner. Your ability to communicate verbally with positive emotions appears to be moderately impaired. Assistance in this area should focus on helping you to communicate with loving, positive emotions that create intimacy.

Jane Doe, the Emotional-Verbal Subscale Score indicates that you feel your partner often says things to you with negative emotions that do not feel good. Your partner's ability to say things to you with sincere positive emotions appears to be markedly impaired and contributes to a poor communication interaction for you and your partner. Your partner's ability to communicate verbally with positive emotions appears to be significantly impaired. Assistance in this area should focus on helping your partner to communicate with loving, positive emotions that create intimacy.

## **Nonverbal Scale Score**

**This section of the CCES is the overall nonverbal score based on the nonverbal questions answered by the individual. These scores are used when identifying the individual's perspective of his/her nonverbal abilities as well as his/her partner's nonverbal abilities.**

Jane Doe, the Overall Nonverbal Scale Score indicates that you feel you likely do not use nonverbal gestures adequately and have difficulty creating feelings of safety with your partner consistently. You may demonstrate affection by the things you do at times, although it is likely to be infrequent. You may do the small things (e.g., opening the car door, hugging) that contribute to good nonverbal communication, although it may also be limited at times or your actions are performed without feelings of genuineness. You are likely inconsistent in doing things that demonstrate your love to your partner and you may be dissatisfied in this area. Some significant guidance might assist in enhancing your nonverbal interaction so that you are able to demonstrate your love and desire for your partner in a more caring and gentle fashion.

Jane Doe, the Overall Nonverbal Scale Score indicates that you feel your partner likely does not use nonverbal gestures adequately and has significant difficulty creating feelings of safety with you. Your partner may demonstrate affection by the things he/she does at times, although it is likely to be infrequent. Your partner may do the small things (e.g., opening the car door, hugging) that contribute to good nonverbal communication, although it may also be extremely limited or your partner's actions are performed without feelings of genuineness. Your partner is likely limited in doing things that demonstrate his/her love to you and you may be dissatisfied in this area. Some significant guidance might assist in enhancing your partner's nonverbal interaction so that your partner is able to demonstrate his/her love and desire for you in a more caring and gentle fashion.

### **Mechanical-Nonverbal Subscale**

Jane Doe, the Mechanical-Nonverbal Subscale Score indicates that you feel you use nonverbal gestures inadequately which may not always create feelings of safety with your partner. You likely inconsistently display affection by the things you do (e.g., opening the car door, hugging) that contribute to good nonverbal communication. Overall, you appear to have moderate impairment in this area and are likely to verbalize your dissatisfaction in this area.

Jane Doe, the Mechanical-Nonverbal Subscale Score indicates that you feel your partner uses nonverbal gestures inadequately which may not always create feelings of safety with you. Your partner likely inconsistently displays affection by the things he/she does (e.g., opening the car door, hugging) that contribute to good nonverbal communication. Overall, your partner appears to have moderate impairment in this area and you are likely to verbalize your dissatisfaction in this area.

### **Emotional-Nonverbal Subscale**

Jane Doe, the Emotional-Nonverbal Subscale Score indicates that you feel you may lack positive feelings about the relationship and about doing things for your partner at times. The persistency and intensity of these feelings may be present inconsistently. Guidance to assist you in doing things for your partner without the negative emotional baggage associated with the nonverbal gestures would be beneficial. Your dissatisfaction in this area is likely to be high.

Jane Doe, the Emotional-Nonverbal Subscale Score indicates that you feel your partner lacks positive feelings about the relationship and about doing things for you most of the time. The persistency and intensity of these feelings may often be present. Guidance to assist your partner in doing things for you without the significant negative emotional baggage associated with the nonverbal gestures would be highly recommended. Your dissatisfaction in this area is likely to be very high and astute attention is warranted.

## **Listening Scale**

**This section of the CCES is the overall listening score based on the listening questions answered by the individual. These scores are used to analyze the individual's perception of his/her ability to communicate by actively listening and correctly understanding his/her partner's communication as well as his/her partner's ability to communicate by actively listening and correctly understanding his/her partner's communication.**

Jane Doe, the Overall Listening Scale Score indicates that you feel you demonstrate with fair listening skills. You make good attempts in focusing on your partner when communicating, although you may fall short at times. You likely attempt to ask for clarification to make sure there are no misunderstandings, some of the time. You likely respect your partner's views and find it fairly easy to listen to what your partner is saying. You are likely to understand your partner's needs fairly well. Some brief guidance may assist in enhancing your listening skills, although any mild listening skill impairments you might have do not appear to be as significant as those found in dissatisfied couples.

Jane Doe, the Overall Listening Scale Score indicates that you feel your partner demonstrates with very poor listening skills. Your partner makes attempts when communicating to you although he/she often falls short when trying to focus on you. Your partner likely does not attempt to ask for clarification to make sure there are no misunderstandings or his/her skill in doing so without feelings of frustration and anger is likely significantly impaired. Your partner may not completely respect your views and finds it to be difficult to listen to what you are saying. Your partner likely misunderstands your needs often. Some guidance and expertise in developing better listening skills is highly recommended. Your partner demonstrates with some listening skill impairments similar to those found in dissatisfied couples.

### **Level 1 / Attending**

#### *Mechanical-Attending Subscale*

Jane Doe, the Mechanical-Attending Scale Score indicates that you feel you are able to take in information given by your partner, although some mild difficulty may be present. You likely have fair attending skills when your partner is trying to convey an important message and are likely able to listen intently without interrupting most of the time. You feel you have mild difficulty overall paying attention to your partner's nonverbal cues.

Jane Doe, the Mechanical-Attending Scale Score indicates you feel your partner often demonstrates difficulty taking in information given by you. Your partner demonstrates with very poor attending skills when you are trying to convey thoughts and ideas and may have trouble listening without interrupting. Your partner likely has trouble paying attention to your nonverbal cues. This is an area that needs to be developed further.

### *Emotional-Attending Subscale*

Jane Doe, the Emotional-Attending Scale Score indicates that you feel you are able to take in information given by your partner with positive feelings for the most part, although at times you may demonstrate with feelings of negativity. You, for the most part, are able to listen with compassion, demonstrate good eye contact and appear soft, warm and sincere when listening to your partner. You have mild difficulty displaying appropriate emotions when listening to your partner. You may appear defensive at times and remaining calm with your partner when serious matters are being discussed may not always occur.

Jane Doe, the Emotional-Attending Scale Score indicates that you feel your partner does not take in information given by you with positive feelings often. Your partner does not often listen with compassion, demonstrate good eye contact and appear soft, warm and sincere when listening to you. Your partner demonstrates with a significant impairment in displaying appropriate emotions when listening to you. Your partner likely feels extremely defensive and may have difficulty remaining calm especially when serious matters are being discussed.

## **Level 2 / Interpretation**

### *Mechanical-Interpretation Subscale*

Jane Doe, the Mechanical-Interpretation Scale Score indicates that you feel you are sometimes able to accurately and correctly interpret the meaning behind your partner's words and actions for the most part, though there are misunderstandings at times. You feel like you are able to understand your partner and are in touch with your partner on a fairly regular basis. You may occasionally misunderstand your partner and when you do, you likely have fairly good skills to appropriately ask for clarification. You maintain a solid relationship built on understanding and have a fairly strong ability to validate what your partner is saying or doing so that misunderstandings are minimized. You likely have fair skills when interpreting your partner's words and actions, thus increasing your partner's trust that he/she has been understood. You may be prone to future difficulty in understanding your partner.

Jane Doe, the Mechanical-Interpretation Scale Score indicates that you feel your partner is having significant difficulty accurately and correctly interpreting the meaning behind your words and actions. You feel like your partner frequently misunderstands you and may have lost touch with you. You rarely feel that your partner understands you and demonstrates a limited capacity in asking for clarification. Your partner has difficulty maintaining a solid relationship built on understanding and trust and may lack an ability to validate what you are saying or doing so that misunderstandings are minimized. Your partner likely has a very poor skill set when interpreting your words and actions, thus decreasing your trust that you are understood.

### *Emotional-Interpretation Subscale*

Jane Doe, the Emotional-Interpretation Scale Score indicates that you feel you are likely able to accurately and correctly interpret the feelings behind your partner's words and actions for the most part, although there are misunderstandings at times. You feel like you understand your partner and are in touch with how your partner feels. You infrequently feel that you misunderstand your partner but when you do, you have the skills to appropriately ask for clarification on how your partner is feeling. You maintain a fairly solid relationship built on understanding and an ability to validate what your partner is feeling so that misunderstandings are minimized. You likely have fair skills when interpreting your partner's feelings, thus increasing your partner's trust that he/she is understood. You may be prone to future difficulty in understanding your partner.

Jane Doe, the Emotional-Interpretation Scale Score indicates that you feel your partner is likely having significant difficulty accurately and correctly interpreting the feelings behind your words and actions. You feel like your partner infrequently understands you and is not in touch with how you feel and the reasons behind those feelings. You rarely feel that your partner understands you and your partner may have limited skills in knowing how to ask for clarification about how you are feeling. Your partner has a significant impairment in maintaining a solid relationship built on understanding and may lack an ability to validate what you are feeling so that misunderstandings are minimized. Your partner likely has very poor skills when interpreting your feelings, thus decreasing your trust that you are understood.

## **Critical Scale Score**

**This section of the CCES is the overall critical score based on the critical questions answered by the individual. These scores are used to identify how the individual perceives his/her ability and his/her partner's ability to communicate without using more extreme negative styles of communication which would place the relationship substantially at a higher risk of damage.**

Jane Doe, the Overall Critical Scale Score indicates that you feel you communicate in positive ways most of the time, although you sometimes communicate to your partner in critical ways that place the relationship at risk for future problems. Overall, you likely do not communicate often in severely demeaning or aggressive ways towards your partner and may still demonstrate an ability to work well within the relationship and communicate effectively. You are reporting some mild problems communicating to your partner in a respectful way, although for the most part, you are likely still able to resolve problems appropriately without using critically negative communication. Few, if any, domestic violence patterns are likely to be present. You may be feeling some strain in the way you communicate.

Jane Doe, the Overall Critical Scale Score indicates that you feel your partner may sometimes communicate in critically negative ways that places the relationship at high risk for ongoing problems. Overall, your partner demonstrates moderate difficulty communicating respectfully and you may find your partner communicating in demeaning or aggressive ways towards you. Your partner sometimes demonstrates an inability to work well within the relationship and communicate effectively. You are reporting that your partner has problems communicating to you in a respectful way and is likely unable to resolve many problems without using critically negative communication. Some domestic violence patterns are likely to be present such as shoving or pushing or your partner is at risk for becoming aggressive with you. You likely feel the strain in the way your partner communicates, and may have some feelings of giving up. Drugs and alcohol may be playing a part in the way your partner communicates with you and a close examination is recommended if your partner is engaging in such behaviors.

## You have reached the end of this report!

Thank you so much for allowing us to serve you. If we can be of any further assistance please contact us by visiting [www.psychwest.com](http://www.psychwest.com).