



Couple's Communicative Evaluation Scale



CCES

Couple's Standard Plus Report

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.

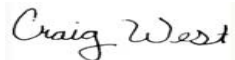
The CCES should be viewed as a diagnostic tool for monitoring your relationship. You take your car in for an oil change every 3 months to ensure that it is in working order. Why not do the same for yourself? Make sure your relationship is well adjusted, and maintained. Give your relationship the attention 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. 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		
MECHANICAL - VERBAL SUBSCALE	2	2	2	3	3	4	3	2	3	
EMOTIONAL - VERBAL SUBSCALE	2	2	2	3	3	4	3	3	3	
VERBAL SCALE SCORE	2	2	2	3	3	4	3	2	3	62
MECHANICAL - NONVERBAL SUBSCALE	2	2	2	3	3	3	3	2	2	
EMOTIONAL - NONVERBAL SUBSCALE	2	2	2	3	3	4	3	2	3	
NONVERBAL SCALE SCORE	2	2	2	3	3	4	3	2	3	61
MECHANICAL - ATTENDING SUBSCALE	2	2	2	3	2	4	3	2	2	
EMOTIONAL - ATTENDING SUBSCALE	2	2	2	3	2	5	3	2	3	
LEVEL 1 / ATTENDING	2	2	2	3	2	5	3	2	3	
MECHANICAL - INTERPRETATION SUBSCALE	3	3	3	4	2	5	3	3	3	
EMOTIONAL - INTERPRETATION SUBSCALE	3	2	3	3	2	4	3	2	3	
LEVEL 2 / INTERPRETATION	3	3	3	3	2	4	3	3	3	
LISTENING SCALE SCORE	2	2	2	3	2	4	3	2	3	58
OVERALL COMMUNICATION SCORE	2	2	2	3	2	4	3	2	3	60
CRITICAL SCALE SCORE	2	2	2	3	2	3	3	2	2	49

Validity Profile

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

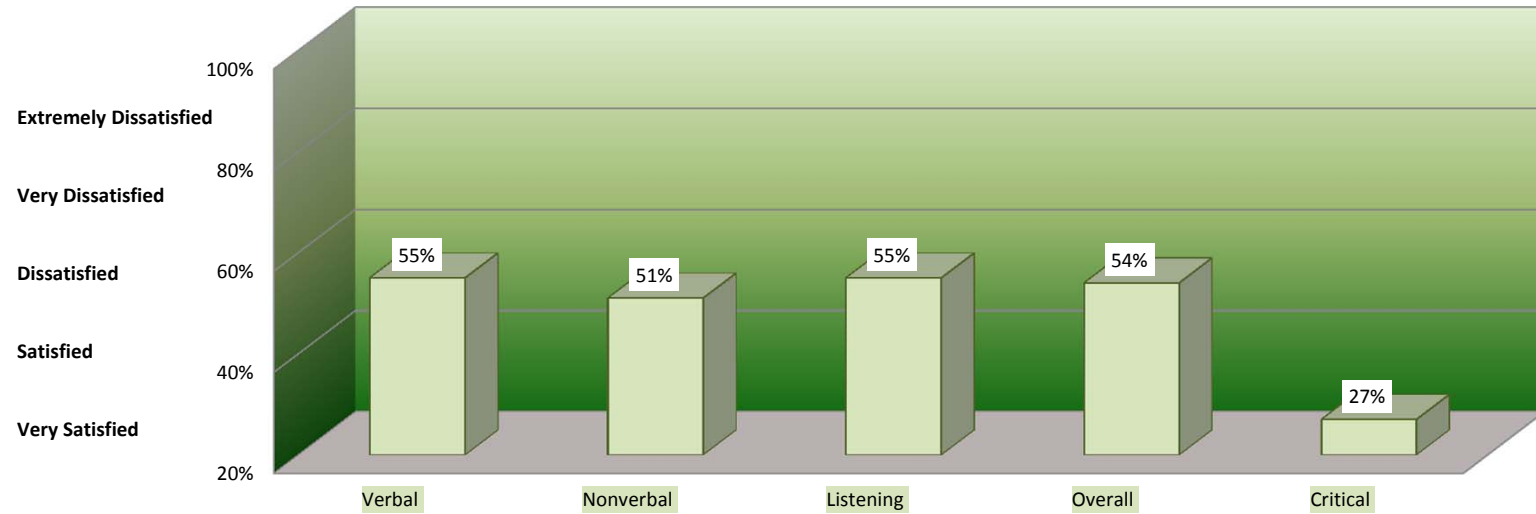
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Level		
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5 = PROFOUND DIFFICULTIES	⇒	EXTREMELY DISSATISFIED

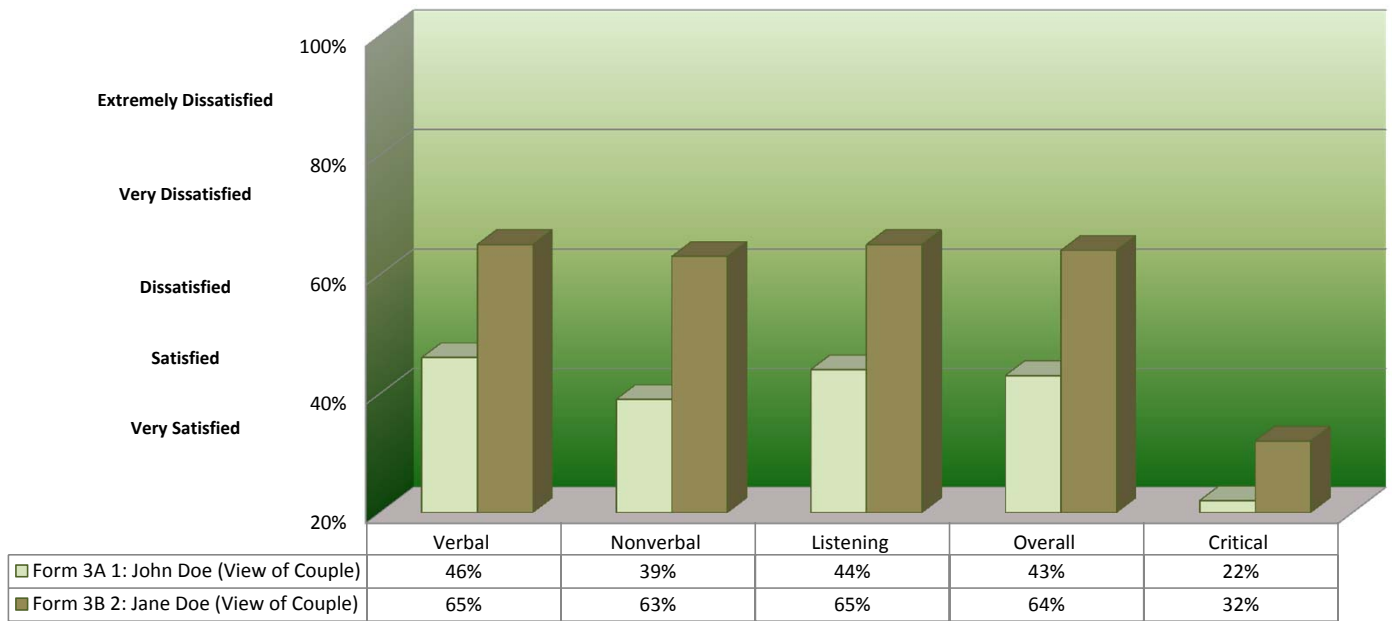
	Name: 1: John Doe Partner #1 ID# 1058				Name: 2: Jane Doe Partner #2 ID# 1058B				Couple's Communication 5A/B
	1A	2A	3A	4A	1B	2B	3B	4B	
	1: John Doe	2: Jane Doe			2: Jane Doe	1: John Doe			
MECHANICAL - VERBAL SUBSCALE	45%	38%	42%	60%	51%	76%	64%	45%	53%
EMOTIONAL - VERBAL SUBSCALE	50%	50%	50%	65%	52%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

Form 5A/B Couple's Overall Score

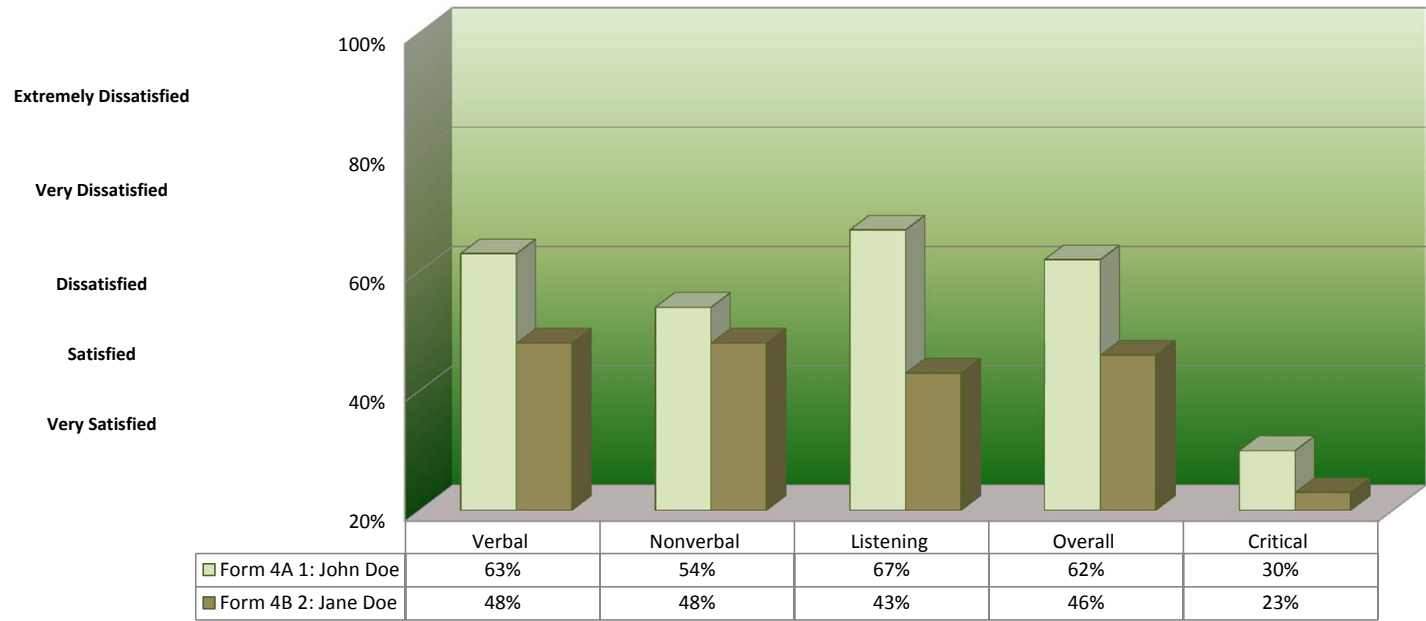
Form 5A/B Couple's Overall Score



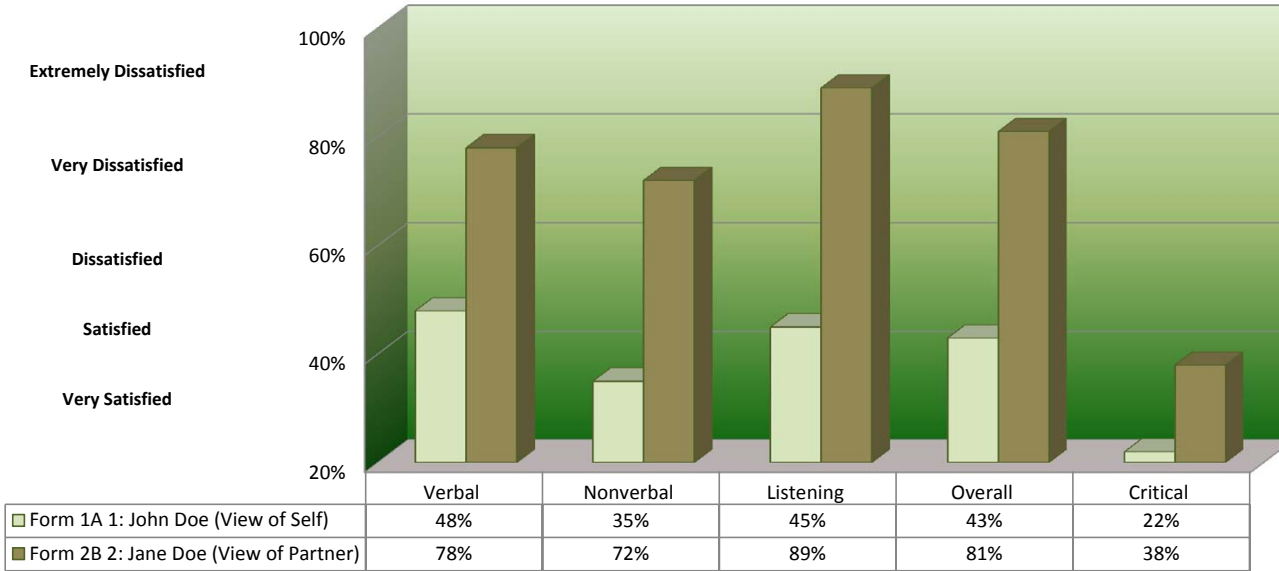
Perception of Couple's Communication



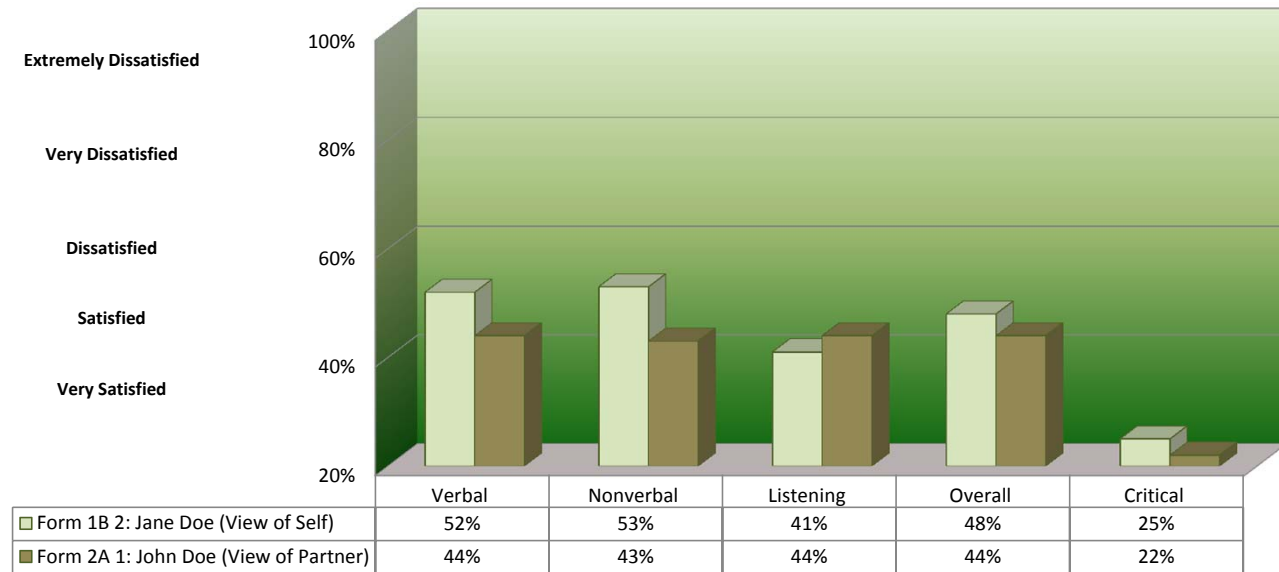
Couple's View of Self



(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.

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.