

Communication Competence Scale

The following are statements about the communication process. Answer each as it relates to what you generally think about concerning social situations. Please indicate the degree to which each statement applies to you by placing the appropriate number (according to the scale below) in the space provided. Please, answer the questions **as honestly as you can**, thinking about what you actually do in most situations you encounter.

Never true of me	Rarely true of me	Sometimes true of me	Often true of me	Always true of me
1	2	3	4	5

1	Before a conversation, I think about what people might be talking about.	1	2	3	4	5
2	When I first enter a new situation, I watch who is talking to whom.	1	2	3	4	5
3	During a conversation, I am aware of when a topic is going nowhere.	1	2	3	4	5
4	After a conversation, I think about what the other person thought of me.	1	2	3	4	5
5	Generally, I think about how others might interpret what I say.	1	2	3	4	5
6	After a conversation, I think about my performance.	1	2	3	4	5
7	During a conversation, I am aware of when it is time to change the topic.	1	2	3	4	5
8	When I first enter a new situation, I try to size up the event.	1	2	3	4	5
9	Before a conversation, I mentally practice what I am going to say.	1	2	3	4	5
10	After a conversation, I think about what I said.	1	2	3	4	5
11	Generally, I think about the consequences of what I say.	1	2	3	4	5
12	Before a conversation, I think about what I am going to say.	1	2	3	4	5
13	Generally, I study people.	1	2	3	4	5
14	After a conversation, I think about what I could have said.	1	2	3	4	5
15	When I first enter a new situation, I think about what I am going to talk about.	1	2	3	4	5
16	Generally, I think about how what I say may affect others.	1	2	3	4	5
17	During a conversation, I pay attention to how others are reacting to what I am saying.	1	2	3	4	5
18	Generally, I am aware of people's interests.	1	2	3	4	5
19	During a conversation, I think about what topic to discuss next.	1	2	3	4	5
20	After a conversation, I think about what I have said to improve for the next conversation.	1	2	3	4	5
21	Generally, I think about the effects of my communication.	1	2	3	4	5
22	During a conversation, I know if I have said something rude or inappropriate.	1	2	3	4	5

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Scoring Key

Planning Cognitions

1. _____
9. _____
12. _____
15. _____
19. _____
Total: _____
Average: _____

Reflection Cognitions

4. _____
6. _____
10. _____
14. _____
20. _____
Total: _____
Average: _____

Presence Cognitions

3. _____
7. _____
17. _____
22. _____
Total: _____
Average: _____

Consequence Conditions

5. _____
11. _____
16. _____
21. _____
Total: _____
Average: _____

Modeling Cognitions

2. _____
8. _____
13. _____
18. _____
Total: _____
Average: _____

