

Negative Family Communication Patterns

*Rank how well your family usually communicates with each other:
(1 = hardly ever, 2 = sometimes, 3 = very often)*

- ___ Call each other names
- ___ Put each other down
- ___ Interrupt each other
- ___ Criticize too much
- ___ Get defensive
- ___ Turn away from speaker
- ___ Talk in a sarcastic tone
- ___ Get off topic
- ___ Think the worst of the person
- ___ Dredge up the past
- ___ Read other 's mind
- ___ Command, order people
- ___ Give the silent treatment for a long time
- ___ Make light of what someone says
- ___ Deny you did something when you really did it
- ___ Nag about small mistakes

Adapted from: Problem solving Communication Training. Robin, Bedway & Gilroy.

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