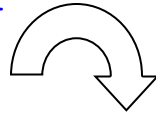


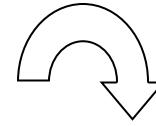
Family Communication Patterns

If your family does this:



- 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
- Make light of someone
- Deny you did something
- Nag about small mistakes

Try this



- Express anger without lashing out
- Use "I" statements.
- Take turns, keep it short
- Point out the good and the bad
- Listen: calmly disagree
- Make eye contact
- Talk in a normal tone
- Finish one topic, then move on
- Don't jump to conclusions
- Stick to the present
- Ask others' opinions
- Request nicely
- Say what's bothering you
- Take what people tell you seriously
- Admit you did it or calmly explain you didn't
- Admit no one is perfect; overlook