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

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