

How Do You Communicate?

Do you match (are you genuine)? Do your words match your tone, eyes, body language?



I'm fine; I'm not mad



I'm angry with you.

Which Communication Stance Feels the Most Familiar?



Placater/I have to make it Okay!

"Whatever *you* want is okay!"

Appeasing, says yes to everything. I just want everyone else to be okay. Often have a bad feeling in pit of the stomach. *Anxiety and worry.*

Insides: I count last, or not at all.

Blamer

"It's all your fault!"

Accusing, uses absolutes like always, never. *Body feels tight.* Blamer is not interested in finding out anything, just blaming.

Insides: I'm lonely, unsuccessful, disappointed.



*There is a flip side to the blamer. Can you guess what it is? It starts with a **V**.*



Distracter/Irrelevant

"Now for something different!"

I don't make much sense, or I talk about boring topics. I change the subject abruptly, as if I didn't hear what you just said. *If I stop moving I feel tired.*

Insides: Nobody cares. There's no place for me here.

Computer/Super Reasonable

"My face is red due to an increase in body temperature"

Logical, computer-like. I'm calm, cool, and collected. I can intellectualize anything. *I never want to make any mistakes.*

Insides: I'm vulnerable



Honest hearts produce honest actions.

Leveling: Direct, Congruent, Honest Communication about Self

Can heal hurts, and build bridges between people. I apologize when I realize I've done something wrong. I evaluate, not blame. If I say "I like you" my voice is warm, and I look at you. I speak my truth in a way that honors me. I am whole: my body, words, and tone match. I clearly say what I mean. I am vibrant, alive, connected to others and self.

I am the kind of person people trust to be honest because I communicate in a clean, direct way that they understand and value. I do not hurt others when I am upset. I feel good enough about myself to be honest about my feelings, thoughts, and desires even if they are difficult.