

Communication Patterns That Interfere With Connection

"Don't just do something, sit there!"

- Advising: "I think you should..." "How come you didn't...?"
- Blaming: "You should have known better; look at the mess you've made."
- Commiserating: "Oh, you poor thing."
- Comparing: "If you were just more like ..."
- Consoling: "You poor thing; you did the best you could."
- Correcting: "That's not how it happened."
- Demanding: "You must...you have to...you need to..."
- Denying: "You really had no choice." "You really leave me no choice."
- Diagnosing: "It sounds like you have ADD." "He's really a stupid idiot."
- Educating: "This could turn into a very positive experience for you if you just..."
- Explaining: "I would have called but..."
- Incentivizing: "If you do this, you will get rewarded (or punished)."
- Interrogating: "When did this begin?"
- Judging: "That's a bad thing for you to do."
- One-Upping: "That's nothing; wait till you hear what happened to me."
- Shutting down: "Cheer up. Get over it. It's time to move on."
- Story-telling: "That reminds me of the time..."
- Victimizing: "It's not your fault; there's nothing else you could have done."

Adapted From *Communication Basics: An Overview of Nonviolent Communication* by Rachele Lamb (2002)