

SOME FOOD FOR THOUGHT REGARDING GREAT COMMUNICATIONS:

Ponder these statements and develop even better connections with others

1. Put yourself in the other person's shoes. How hard is this, really?
2. Not all things are resolvable, but most things are manageable. This means diffusing the conflict and limiting the consequences of the conflict.
3. Never begin a sentence with *No, But, or However!* These words are instant shutdowns! Use *AND*, instead. (example, "I love you. . .")
4. Would you rather be right than happy?
5. Ask yourself, "Is it worth it?"
6. Don't assume that the other person is bad, evil, or just trying to make your life miserable. Look for the real intention in their behavior and words.
7. Do people fear you will attack them? How do you feel when you are in communication with someone and you have reason to believe that they are going to attack you?
8. What happens when you operate in good faith and without deep-seated resentment or hostility?
9. Listening – literally force yourself to keep your mouth closed when someone is talking to you.
10. Be honest, but don't be mean-spirited.
11. Listen without an agenda – without waiting for an opportunity to inject your own story. Check yourself in your next conversation to see how often you interrupt.
12. We're all short-sighted. We see things from our own point of view. Try a new viewing point.
13. Do you see other people as they wish you to see them – as they see themselves? Do you treat others as you want to be treated or as they want to be treated?
14. People who are prone to attacking others regard life as a battle. Where did they learn that?
15. Invalidations are any attempt to injure you – to make you seem "less than." What's really behind the words?
16. The one skill that most people dread to utilize is confrontation. Here's some rules:
 - 1) stop, look, and backtrack. "*Did you just say that I was stupid?*"
 - 2) Ask "searchlight" questions. "*When you said XX, what are you really trying to say?*"
 - 3) Go on a grievance patrol. "*Could we get together and talk about what is going on between us?*"

17. What causes you to shut down – quit talking to someone else? Can those same things cause others to shut down, quit talking?