

COMMON
COMMUNICATION SPOILERS

Magic
is
something
YOU
Make

Communication spoilers

Could you be 'guilty' of using them?

A 'communication spoiler' is any kind of behaviour that conveys and/or provokes a negative feeling or reaction. Check the following lists to see which of the behaviours you may have used in the past for whatever reason (no need to judge yourself harshly!).

I have two lists for you...

10 Intentions that lead to poor communication outcomes

You'll have set yourself up for a potentially poor outcome - for all concerned - if you're intent on...

- Settling scores
- Revenge
- Scoring points
- Wanting to be in the right
- Wanting your own way, regardless
- Wanting to control the other person
- Treating the other person with contempt
- Wanting to defend yourself
- Wanting to protect your status
- Wanting to 'teach' the other person a lesson

Even if you have a positive intent during that conversation - be it with a partner, friend, family member or colleague - there are further traps. Just scan the following list...

Are you guilty of using any of the following?

- judging
- put downs
- attacking
- trivialising
- blaming
- sarcasm
- sneering
- dismissals
- threats
- pressure
- unwanted advice
- lecturing
- stonewalling
- belittling
- lying
- sulking
- shouting
- assuming
- defending (under most - but certainly not all - circumstances)
- justifying
- humiliating
- mocking

All of the above have the potential to turn even the most mundane exchange into anything from an emotion-fuelled outburst to a complete shut-down. It

may require some soul searching and honesty to discover if you're at risk of resorting to any communication spoilers.

Imagine you were on the receiving end of any of the above - how would you feel and what would the result be?

Chances are, you'd feel hurt, angry, upset, defensive and vulnerable at the very least. It's unlikely to put you in the right frame of mind for a civilised, fair and honest conversation.