

BAD COMMUNICATION:

- 1) Truth (I'm right, you're wrong)
- 2) Blame (It's all your fault)
- 3) Martyrdom (Poor me)
- 4) Put-down (You're such a...)
- 5) Hopelessness (Why even try?)
- 6) Demandingness (My way - now!)
- 7) Denial (I'm not angry/hurt/sad)
- 8) Passive Aggressive (*Silent darts*)
- 9) Self-Blame (It's all my fault)
- 10) Helping (Let me fix it for you)
- 11) Sarcasm ("Sit-com"-munication)
- 12) Defensiveness and counter-attack.



--- David D. Burns, Feeling Good Handbook, 365