Roadblocks to Effective Communication (WHAT NOT TO DO)

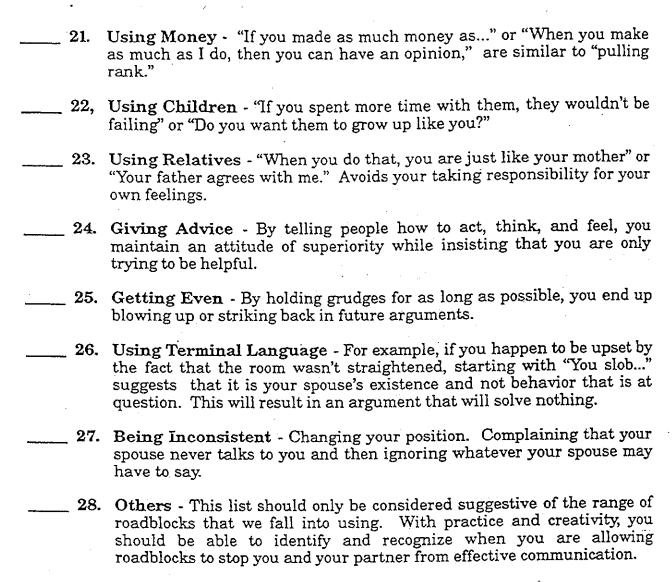
The following roadblocks block effective communication. Indicate how frequently you use each of the following roadblocks during conflicts with your spouse or significant other.

0 = never
I = rarely
2 = sometimes
3 = often

--- 3 = often-Timing - Picking the wrong time to begin an argument. Late at night, during a favorite TV show, after several drinks, or just before your spouse has to leave for work are options. As a general rule, looking for the time your spouse least expects it, or is least able to respond. Escalating - Moving quickly from the issue, to the questioning of personality, to wondering whether it is worth the effort to stay together (issue to personality to relationship). Interpreting your spouse's shortcomings as evidence of bad faith, and the impossibility of a happy relationship. - 3. Brown Bagging - Trying to list as many problems in as much detail as possible. Not sticking to the original issue, but rather throwing in all the problems you can think of. Not limiting yourself to the present. If your partner can't remember the offense, bringing it up will just confuse the issue. Arrest School Commercial Control of Control Overgeneralizing - Using words like "always" and "never" as in "you are always late." This is likely to distract your partner into discussing the overgeneralization rather than the issue and to insure further misunderstandings. Cross-complaining - Responding to any complaint your spouse may raise with one of your own. For example, "Me late? Why, if it weren't 5. for the fact that you never have any clean clothes for me...." If done, you will balance complaint against complaint forever and solve nothing. - 6. Crucializing - Exaggerating the importance of the issue with statements such as "If you really loved us, you would have never done it in the first place" or "This proves that you don't care." 7. Asking Why - "Why didn't you clean up?" or "Why were you late?" will imply that there must be something terribly wrong with your spouse and that the issue is something more than a simple problem that might easily be resolved. Blaming - Thinking or stating that fault lies entirely with your spouse

that your behavior plays any part in the difficulty.

and that once again, you are simply the innocent victim. Not admitting



TOTAL SCORE

- 1. List at least two roadblocks which you engage in which result in misunderstandings and conflict escalation.
- 2. Indicate at least two roadblocks that you will actively work on eliminating from conflicts this week.