

## MASTER COMMUNICATION

Mastering communication is absolutely key to improving children's behaviour. Simply by being mindful to communicate in a non-hurtful, POSITIVE respectful way, means that you will have more peace and harmony at home.

Check out the 4 communication styles to have a clearer picture of how you can master your communication today.

### 1. PASSIVE-AGGRESSIVE COMMUNICATION.

Passive aggressive people silently control situations to gain power. They appear soft on the outside yet are hard on the inside, like a wolf in sheep's clothing, they may give the impression that they are being cooperative, however, they are not. Passive aggressive communication often alienates family members and causes much resentment and frustration. Ultimately people will start to distrust someone who is using this communication style, which often leaves people feeling confused and weakened.

**Passive-Aggressive communication includes:**

- Showing annoyance in subtle ways that undermine the other person.
- Not being truthful about feelings.
- Muttering under the breath, especially when walking away.
- Not admitting to being angry or that there is a problem.
- Becoming aloof and acting too busy to talk.
- Giving mixed messages by saying one thing but doing another. For example: smile at you but walk off in anger.
- Being sarcastic and say they are only joking.
- Sabotaging other persons efforts, usually behind their back and then blaming the other person.

### 2. AGGRESSIVE COMMUNICATION.

Aggressive communication dominates the other person to gain control and energy from them. Aggressive people may stay away from you to purposefully make you feel bad or hide things from you. They may act like they are more entitled than you are and think they are better than you.

**Aggressive communication includes:**

- Humiliate, shaming and/or blaming the other person.
- Being verbally and/or physically abusive.
- Being critical of the other person and/or attacking their character.
- Being easily annoyed.
- Being angry and intimidating the other person into submission.
- Using overbearing body language and/or tone of voice.
- Not listening to the other person's point of view.
- Being contemptuous, disrespectful, defensive, hostile behaviour.

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## 3. PASSIVE COMMUNICATION.

Passive communication often happens because a person does not understand how to express their own feelings, or they feel unsafe to do so. They may be gaining power and control by passively communicating with the other person in a way that is really hard to detect. They let grievances and annoyances build up until something triggers an outburst that is often out of proportion to the problem.

After the outburst, they may feel ashamed, guilty, and confused about what went on, so they return to being passive as a defence mechanism or because they simply don't know what else to do. Passive communication can lead to the person becoming anxious, depressed, stuck, miserable, weak and out of control. Resentments may build up and they may feel used and abused.

### **Passive communication includes:**

- Being shy, unconfident, unsure and submissive.
- Allow others to treat them disrespectfully.
- Not expressing feelings, needs, thoughts or wants.
- Speaking apologetically.
- Poor eye contact and drooping body posture.
- Being aloof from the other person to gain control and \ or being a poor me.

## 4. POSITIVE COMMUNICATION. (Assertive)

The antidote to the above 3 negative communication styles is to express feelings and opinions in a non-hurtful, respectful, positive way. Assertive people feel competent and connected with others, they do not allow others to manipulate or abuse them and address issues as they arise. They create a respectful loving environment and show their children that everyone is entitled to their opinion which needs to be expressed in a positive way. They don't try to control others, instead gain energy by being honest, open, understanding, compassionate and loving.

### **Assertive communications include:**

- Being clear about your needs, wants and feelings.
- Being respectful of the other person, feel in control and have good eye contact.
- Using "I" statements rather than "you" and listens without interrupting.
- Speak calmly clearly, have a relaxed body posture.

**BE MINDFUL:** Is there anything that you can do to help resolve and repair relationships in a non-hurtful, assertive way? Perhaps you need to learn more positive assertive ways to master your own communication today!

TRY IT OUT AND SEE WHAT AN AMAZING DIFFERENCE IT MAKES.....