## **CONSTRUCTIVE COMMUNICATION TECHNIQUES**

(to cut apart for student groups)

## Giving Positive or encouraging messages

## **Asking questions**

Sending clear, concise messages

Being honest and open

Keeping the confidences

Speaking with respect

**Using tact** 

Being a good listener

## **DESTRUCTIVE COMMUNICATION TECHNIQUES**

(to cut apart for student groups)

Insults, harassing, teasing

Gossip, lies, blaming and accusing

You messages

Sexual harassment

**Threatening** 

Sarcasm

Interrupting or dominating the conversation

**Swearing** 

THE SHANK IS LIKE NON-VERBAL COMMUNICATION;

IT IS STRONG AND
CAN BE USED TO
SUPPORT
CONSTRUCTION OR
DESTRUCTION

THE CLAW IS LIKE DESTRUCTIVE COMMUNICATION:

IT IS SHARP AND DANGEROUS AND IS USED TO DESTROY AND TEAR DOWN RELATIONSHIPS

THE HEAD IS LIKE CONSTRUCTIVE COMMUNICATION:

IT IS SMOOTH AND ROUNDED AND IS USED TO BUILD AND HELP PUT THINGS TOGETHER

THE HANDLE OF THE HAMMER IS LIKE US--IT IS THE DRIVING FORCE;

WE ARE IN
CONTROL OF OUR
COMMUNICATION
AND CHOOSE TO
USE IT IN A
CONSTRUCTIVE
OR
DESTRUCTIVE
MANNER.



