

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

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Insults, harassing, teasing

Gossip, lies, blaming and accusing

You messages

Sexual harassment

Threatening

Sarcasm

Interrupting or dominating the conversation

Swearing



