

## Listening Guide

<b>METHODS OF DESTRUCTIVE COMMUNICATION:</b>	
Definition:	Examples:
1. BLAMING:	
2. INTERRUPTING:	
3. ENDLESS FIGHTING:	
4. CHARACTER ASSASSINATION:	
5. CALLING IN REINFORCEMENTS:	
6. WITHDRAWAL:	
7. NEED TO BE RIGHT:	
<b>METHODS OF CONSTRUCTIVE COMMUNICATION:</b>	
Definition:	Examples:
1. "I" MESSAGES:	
2. CLARITY:	
3. TIMING:	
4. ASKING QUESTIONS:	
5. REFLECTIVE LISTENING:	
7. AVOIDING INTENSE ANGER:	
8. NEED TO BE RIGHT:	

