## Listening Guide

METHODS OF DESTRUCTIVE COMMUNICATION:						
Definition:		Examples:				
1.	BLAMING:	,				
2.	INTERRUPTING:					
3.	ENDLESS FIGHTING:					
4.	CHARACTER ASSASSINATION:					
5.	CALLING IN REINFORCEMENTS:					
6.	WITHDRAWAL:					
7.	NEED TO BE RIGHT:					
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	HODS OF CONSTRUCTIVE COMMUNICA					
Defin	ition:	ATION: Examples:				
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Defin 1.	ition: "I" MESSAGES:					
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Defin 1. 2.	ition: "I" MESSAGES: CLARITY:					
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Defin 1. 2.	ition: "I" MESSAGES: CLARITY:					
2. 3.	ition:  "I" MESSAGES:  CLARITY:  TIMING:					
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2. 3.	ition:  "I" MESSAGES:  CLARITY:  TIMING:					
2. 3.	TIMING:  ASKING QUESTIONS:					
2. 3.	ition:  "I" MESSAGES:  CLARITY:  TIMING:					
2. 3.	TIMING:  ASKING QUESTIONS:					
2. 3. 4.	TIMING:  ASKING QUESTIONS:  REFLECTIVE LISTENING:					
2. 3.	TIMING:  ASKING QUESTIONS:					
2. 3. 4.	TIMING:  ASKING QUESTIONS:  REFLECTIVE LISTENING:					
2. 3. 4. 7.	TIMING:  ASKING QUESTIONS:  REFLECTIVE LISTENING:  AVOIDING INTENSE ANGER:					
2. 3. 4.	TIMING:  ASKING QUESTIONS:  REFLECTIVE LISTENING:					