

Name \_\_\_\_\_

Period \_\_\_\_\_

### LET'S COMMUNICATE

Check the appropriate box for each communication technique listed below:

| CONSTRUCTIVE | DESTRUCTIVE COMMUNICATION TECHNIQUE |
|--------------|-------------------------------------|
| _____        | _____ ASKING QUESTIONS              |
| _____        | _____ AVOIDING INTENSE ANGER        |
| _____        | _____ BLAMING                       |
| _____        | _____ CALLING REINFORCEMENTS        |
| _____        | _____ CHARACTER ASSASSINATION       |
| _____        | _____ CLARITY                       |
| _____        | _____ ENDLESS FIGHTING              |
| _____        | _____ "I" MESSAGES                  |
| _____        | _____ INTERRUPTING                  |
| _____        | _____ NEED TO BE RIGHT              |
| _____        | _____ REFLECTIVE LISTENING          |
| _____        | _____ RESPECT AND CONSIDERATION     |
| _____        | _____ TIMING                        |
| _____        | _____ WITHDRAWAL                    |

Select a destructive communication and write an example for each. In the space below, select a constructive communication technique to rewrite the example and change it into a positive communication technique.

1. DESTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

EXAMPLE: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

CONSTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

POSITIVE EXAMPLE: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

2. DESTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

EXAMPLE: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

CONSTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

POSITIVE EXAMPLE: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3. DESTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

EXAMPLE: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

CONSTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

POSITIVE EXAMPLE: \_\_\_\_\_

4. DESTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

EXAMPLE: \_\_\_\_\_

CONSTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

POSITIVE EXAMPLE: \_\_\_\_\_

5. DESTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

EXAMPLE: \_\_\_\_\_

CONSTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

POSITIVE EXAMPLE: \_\_\_\_\_

6. DESTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

EXAMPLE: \_\_\_\_\_

CONSTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

POSITIVE EXAMPLE: \_\_\_\_\_

7. DESTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

EXAMPLE: \_\_\_\_\_

CONSTRUCTIVE COMMUNICATION TECHNIQUE \_\_\_\_\_

POSITIVE EXAMPLE: \_\_\_\_\_