

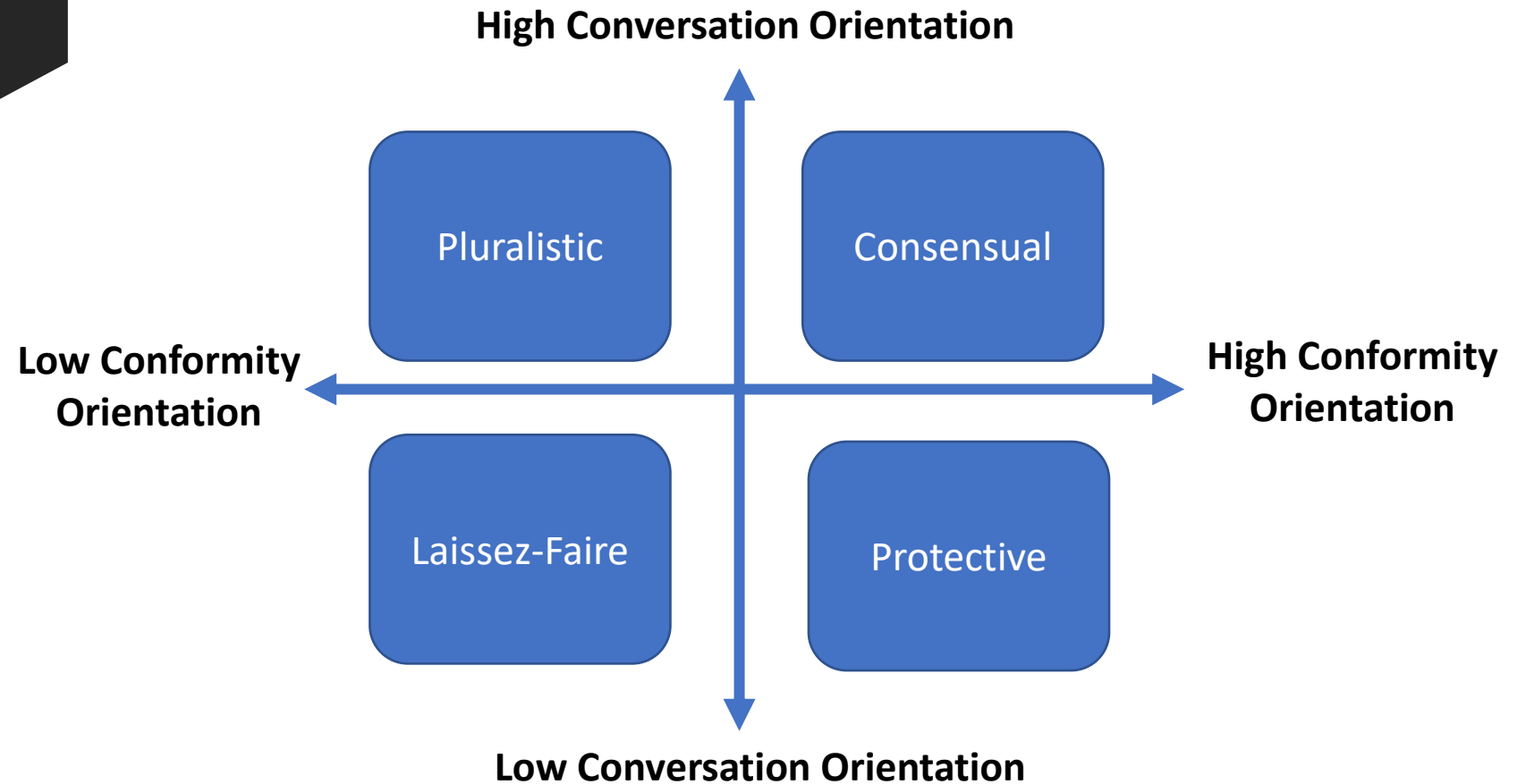


# Growing in the Word – Wholesome Communication

November 18, 2020

# Communication Patterns

## Family Communication Patterns



# Communication Patterns

## Family Communication Pattern Definitions

**Conversation** – Families are capable of having open conversations and discuss any topic freely.

**Conformity** – Families with individuals (a parent usually) who has the authority to make final decisions.

**Pluralistic** – With conversation but without conformity, families have open conversations with every member having equal opportunities for input when the family unit makes a decision together.

**Consensual** – With conversation and conformity, family members are able to openly communicate their thoughts and feelings but also value conformity within the family unit. Parents or caregivers are usually the ones who make the final decision.

**Laissez-Fair** – Without conversation or conformity, families are emotionally detached from each other. Children are typically free to make their own choices without interest from parents/caregivers.

**Protective** – Without conversation but with conformity, parents or caregivers expect their children to obey by the rules and do not usually trust their children to make their own decisions.

## Techniques for Communicating Feelings

### Listening is **IMPORTANT!**

- Active listening means truly concentrating on what someone is saying. Although it is a skill that doesn't necessarily come naturally, it is easily learned and works equally well with both adults and children.
- Listen attentively
- Listen with your full attention
- Listen with your eyes as well as your ears
- Keep your own responses to a minimum
- Acknowledge and reflect feelings
- Ask probing questions

## Techniques for Communicating Feelings

## Creating Positive Interaction

### Positive Recognition Should Be...

- Genuine
- Descriptive and specific
- Immediate

# Resolving Differences & Common Ground

## Resolving Conflict

### Effective Problem Solving Includes...

- Identify the problem or issue
- Collect **ALL** of the facts available
- An explanation
- Exploring alternative solutions
- Examining the consequences

# Resolving Differences & Common Ground

## What To Do

- Find a way to control your feelings
- Understand that it's not anger, but how we handle it
- Talk about your feelings
- Create a process for resolving problems without anger
- Recognize that abuse is never allowed (emotional, financial, physical)
- Listen to your body
- Give the other person a chance to speak
- Recognize it's not about winning

## Resolving Differences & Common Ground

## What Not to Do

- Avoid or deny the conflict
- Give in rather than struggle through the conflict
- Get mad and blame the other person
- Use power, title and influence to get your way
- Raise your voice
- Appear to compromise but really are trying to manipulate
- Stockpile every conflict
- Threaten your relationship



## Skills to Communicate

# “You” Verses “I” Statements

### ‘You’ Statements

- Can put the other person on the defensive and lead to arguments
- Example: You were late and never even called!

### ‘I’ Statements

- “I think . . .”
- “I feel . . .”
- “I need . . .”
- “What I hear you saying is . . .”

## Skills to Communicate

# “You” Verses “I” Statement Exercise

**Change the following ‘You’ statements into ‘I’ statements:**

- “You never listen to what I have to say!”
- “You don’t care about me!”
- “You leave me out of everything!”
- “You don’t understand!”
- “You really irritate me!”

## Skills to Communicate

# Communicating the Problem

- Name the behavior or situation you want changed
- Say how you feel about the situation
- State your reason for wanting the behavior changed
- Say what you want done
- Ask for agreement

Questions

**???**