

Bad Communication Checklist* - RJ Part 3

Conflict patterns are revealed with the RJ and we can address those in the here and now as well as with relationship SDBs in later sessions, much like we work on DML and NT's before working on SDBs.

See the PP's and video presentation for more info.

Description

There are five steps to the relationship journal. The first two are specificity with the client (just like we use the DML):

Step 1. Write down one thing the other person said to you.

Step 2. Write down exactly what you said next. (CAN do feelings AFTER addressing resistance!)

After addressing resistance (if not done already):

Step 3. Analyze what you wrote down in Step 2. Was it an example of good or bad communication?

How to do this

Pull out and go over the Bad Communication check list and the 12 errors. Walk through the sheet with the client. See also "Common Errors" sheet.

Practice

Use the Relationship Journal you've been working on.

Resource you can share with clients

David and Rhonda explore the angry, blaming self and 5 Secrets.

<https://www.youtube.com/watch?v=i88RIrePPoU>

Positive Reframing Communication Errors

Thanks to Thai-An and Indrani for this. The dark side of nature, we are wired to fight. So, to get full buy in, we want to draw on our clients good intentions for blame. This PR allows us to do that.

Step 1: Looking at the Communication Errors list pick 4 or 5 of the top ones.

Communication Errors	Benefits & Values
Truth	Truth is right. Proves I'm right.
Blame	I value fairness. I am open, not keeping it under the rug.

Step 2: Pivot Question to address Cost of Change

Deepen the buy in and give them tools to deal with resistance BEFORE they need it so they can make it to the 5 Secrets work. Where the real connection works.

PQ: "Why would you want to give these up?"

Move through the benefits list just like you would Voicing the Resistance.

As they give one good benefit say, "Great, let's record this. These are all real benefits."

Check In: "How ready are you to give up these errors from 0 to 100%?"

PR often closes the gap in willingness because they really buy in. Often goes up to 89 to 100%

Cost of Change: "Wow, you've convinced me. This is making a lot of sense. But what is the price you'd have to pay?" OR "Great Anita, if you give up truth what would be price you'd have to pay?"

Optional, If not done Voicing the Resistance already, record and assign as Homework.

Follow up go over how these create patterns for the client. Do this with care.

NOTE: I do NOT give the following handout to clients without explaining EITHER person can trigger the pattern. This is about showing circular causality not victim blaming! Again, if a client is a victim of abuse it is likely NOT In their best interest to "improve" the relationship, but rather use these tools to learn more about the conflict pattern and use the 5 Secrets to stay safe and to take back control by de-escalation.

SEE the handout in the Toolkit "Relationship Conceptualization Patterns"