**Communication**

**Road Blocks**

What stops you from having effective communication?

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1. **Ridiculing, Name Calling, Shaming**
   
   That was dumb!

2. **Criticizing, Judging, Blaming, Disagreeing**
   
   You’re acting stupid!

3. **Warning, Threatening, Admonishing**
   
   You had better...

4. **Preaching, Moralizing, Obliging**
   
   You should...

5. **Directing, Ordering, Commanding**
   
   You will...

6. **Lecturing, Arguing, Instructing**
   
   Do you realize...

7. **Diagnosing, Analyzing, Interpreting**
   
   What’s wrong with you is...

8. **Interrogating, Questioning, Probing**
   

9. **Advising, Giving Solutions or Suggestions**
   
   It would be best for you if you...
10. Distracting, Humoring, Diverting, Withdrawing  
   That reminds me...

11. Praising, Approving, Agreeing, Evaluating Positively  
   You've done the right thing

12. Reassuring, Consoling, Sympathizing, Supporting  
   It's not so bad.