

Bad Communication *	Good Communication
1. You fail to express your feelings.	1. You express your feelings openly and directly.
2. You ignore the other person's feelings.	2. You acknowledge the other person's feelings.
3. Your attitude is not respectful.	3. Your attitude is respectful and caring.

The Bad Communication Checklist

	yes	no		yes	no
1. Truth			10. Self-Blame		
2. Blame			11. Hopelessness		
3. Defensiveness			12. Demandingness		
4. Martyrdom			13. Denial		
5. Put-Down			14. Helping		
6. Sarcasm			15. Problem-Solving		
7. Counterattack			16. Mind-Reading		
8. Scapegoating			17. Passive Aggression		
9. Diversion			18. Other (describe)		