

## WHAT DO YOU DO INSTEAD OF SPEAKING THE UNARGUABLE TRUTH?

1. **Blame** – “You always want to discuss your problems. My life was easy before you came along.” “Why are you so...?”
2. **Who said What** – “You said we would sit down today to talk about our relationship.” “No, I didn’t. I said that ...”
3. **Justifying and Being Right** – “Some of us are keeping our agreements. I always do what I say I’m going to do.”
4. **Racing for the victim position** – “I’m having a really hard time, and I just need a little support.” – “Hah, you need support? You should hear what I’ve been going through.”
5. **Vague Labels** – “I’m feeling okay.” “I’m stressed out.” “I’m a little down.”
6. **Explaining and Analyzing** – “I’m feeling off because it’s raining outside and I slept wrong on my neck.”
7. **Negatives** – “Not bad!” “I don’t know if I will...”
8. **Generalizations** – “You always...” or “You never...”
9. **Incorrect use of communications tools** – “I feel like you’re not listening to me.” “I hear you, I hear you!”
10. **Making excuses** – “It’s not my fault...”, “I meant to, but...”
11. **Defensiveness** – “That’s not true, you’re the one who...”
12. **Insults, name calling** – “Bitch, bastard, wimp, fat, stupid, ugly, lazy...”
13. **Whining** – “It’s not fair.”
14. **Stonewalling** – stony silence, monosyllabic mutterings, changing the subject
15. **What else?** \_\_\_\_\_

NOTE: these statements can promote arguments! USE WITH CAUTION!