

Name _____



Training in Straightforward Communication



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COMMUNICATION: Giving and Receiving Meaning

BLAMING, BULLYING, PUTTING PEOPLE DOWN

Do you sometimes find yourself in a situation where you take care of yourself by blaming, being aggressive, name calling, bullying, making fun of people or threatening? What is such a situation?

Remember your posture, voice, words, breathing, pain or tension when you do that. What happens to your self-esteem? What kind of power do you have? What price do you pay for it? How do you feel when you behave this way? Circle the feelings below that express how you feel and you may add some more. Record your discoveries.

Sad	Scared	Confident	Friendly	Happy	Sorry	Awesome
Glad	Guilty	Powerful	Ashamed	Nervous	Safe	Numb
Angry	Confused	Embarrassed	Disappointed	Powerless	Stupid	Resentful

What are some reasons you behave this way? Do you respect yourself when you do this? _____

Think of a time someone blamed or bullied you. How did you feel? Did you respect this person? _____

What are some advantages and disadvantages of this behavior? _____

