

## 10 Harmful Habits that Create Conflict and Block the Flow of Healthy Communication

Do any of these ways of interacting with others sound familiar to you?  
Check off the communication responses that apply to you/others

- 1. Insisting on being right, instead of trying to find common ground.
- 2. Not being willing to meet others halfway, to try and find compromise.
- 3. Minimizing how others feel and being focused only on your experience
- 4. Using guilt to manipulate and control others, by making them feel bad.
- 5. Reacting with impatience when asked to look at/change one's behavior.
- 6. Using sarcasm as a way to deflect away from what is really happening.
- 7. Pretending not to hear what the other person has said, to avoid arguing.
- 8. Poking fun, teasing or mocking that gets out of hand and becomes hurtful.
- 9. Voicing a complaint about another in response to hearing negative feedback about yourself, instead of just listening and acknowledging what you heard.
- 10. Having trouble acknowledging the hurtful effect you've had on someone else and being willing to apologize and correct your response in the future.

*This communication assessment is part of Joan Stenzler's innovative wellness program:*

**Conscious Communication: Learn to Become an Expert at Connecting with Others for More Satisfying Relationships. on May 19 from 1-5 pm in Fresh Meadows, NY**

*Joan Stenzler is a holistic psychotherapist, communication coach and mindfulness teacher in private practice in Fresh Meadows and Garden City, NY. She works with adults and couples and teaches them how to cultivate inner wisdom through conscious listening in their relationships with themselves and others.*

*Call to schedule your FREE 20 minute phone consultation and learn more about Joan's holistic psychotherapy practice at 516-522-0573. FMI, go to: [www.youramazingjourney.com](http://www.youramazingjourney.com)*