

NEGATIVE COMMUNICATION

Every person must plead guilty to some violation of God's ideal for communicating. Without thinking, we attempt to meet inner needs by speaking and responding in ways that intimidate or destroy. The following words and ways are verbal and nonverbal negative communication habits that serve only to wound and wrong others.

A. WORDS THAT WOUND

Proverbs 16:23

- _____ WORDS

Examples: "Surely you don't believe that. . . ." "He is very sensual and sexy. . . ."

Biblical Example: Proverbs 12:18

- _____ WORDS

Examples: "You'd better do this now or" "Why were you so late . . . where were you?"

Biblical Example: Proverbs 27:4

- _____ WORDS

Examples: "You never consider my feelings. . . ." "You should do better than that. . . ."

Biblical Example: Proverbs 18:21

- _____ WORDS

Examples: "She never arrives at work on time." "Be sure not to repeat this but"

Biblical Example: Proverbs 11:9

- _____ WORDS

Examples: "I never really get angry at anyone." "My goal is to benefit others in any way I"

Biblical Example: Proverbs 15:4

Proverbs 2:12

B. WRONGFUL WAYS

• _____ WAYS

The following **IRRESPONSIBLE** and **INSENSITIVE WAYS OF COMMUNICATING**, often used by people who are not aware of how disagreeable this style of communication can be, become habits that do not bring glory to God.

Proverbs 5:21

- Am I _____? —monopolizing or controlling conversation
- Am I **INTERRUPTING?** —with a competing spirit
- Am I _____? —finding fault incessantly
- Am I **COMPLAINING?** —making crisis or problem dominated conversation
- Am I _____? —dwelling on the negative
- Am I **CUTTING?** —making jabbing, sarcastic remarks
- Am I _____? —making another the object of laughter
- Am I **ARGUING?** —disagreeing and disputing
- Am I _____? —lecturing and giving unsolicited advice
- Am I **GENERALIZING?** —simplifying or making light of real concerns

Proverbs 18:19

• _____ WAYS

These **TEN**, usually unintentional, **SELF-PROTECTIVE PATTERNS** are evasive tactics used to avoid looking at one's own defects or imperfections.

Proverbs 28:13

1. Am I countering the one who confronts with words of denial?
2. Am I _____ self-examination by focusing on the faults of the other?
3. Am I blaming my responses on the actions of the other person?
4. Am I _____ the other's mistakes from the past?
5. Am I rationalizing my behavior because of the circumstances?
6. Am I _____ about a trivial point to evade the real issue?

7. Am I changing the subject without responding to what was communicated?
8. Am I _____ to talk or respond?
9. Am I hiding in work activities to avoid intimacy?
10. Am I _____ to ignore grievances and allowing my own feelings to fester?

Proverbs 15:31

- _____ **WAYS**

TEN intentional **VERSIONS OF UNTRUTHFULNESS** (lies and deceptions) reveal open rebellion and foolhardy denial of God's claim on one's life.

Proverbs 14:8

1. Am I _____? —knowingly giving wrong information/impressions
2. Am I **BLAMING**? —shifting responsibility to another
3. Am I _____? —complimenting with hidden motives
4. Am I **GOSSIPING**? —telling rumors about others
5. Am I _____? —bragging and flattering myself
6. Am I **DIVERTING**? —changing the subject
7. Am I _____? —refusing to communicate verbally
8. Am I **PATRONIZING**? —pretending to agree or give support
9. Am I **DISCRIMINATING**? —choosing to hear only what I want to hear
10. Am I _____? —communicating only partial truth

Colossians 3:9-10

Coming Next Week: Causes Of Negative Communication