



Banishing Communication Boulders Together

Write the name of the person you are having a discussion with. While having your discussion, try to avoid the “Dirty Dozen” in this list. When you do use one, say, “Sorry;” and re-word it.

As you talk, the person you are having the discussion with will tell YOU when they hear any of the C-Boulders on this list. Write that C-Boulder/Dirty Dozen word you used, and what you said to reword it.

Keep going! Practice makes perfect!

Person I’m having the discussion with:	Which of the Dirty Dozen were heard and reworded?
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No

The Dirty Dozen

1. Sarcasm
2. Put-Downs
3. Crabby-Voice
4. Slash and Burn
5. Hostile Criticism
6. Always-Never
7. Blame-Game
8. Mind-Reading
9. Flooding
10. Stonewalling & Gaslighting
11. Taking Offense
12. Dumping

No C-Boulders were heard!





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Person I'm having the discussion with:	Which of the Dirty Dozen were heard and reworded?
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No
	Reworded? <input type="checkbox"/> Yes <input type="checkbox"/> No

Tools to defeat the Dirty Dozen

- LUV Listening
- Praising the Positive Opposite
- Being Assertive instead of Aggressive
- Reinforcing Compliments
- The Listening Stick
- I-Messages
- Control your A.N.T.s
- Mindfulness Practices to keep calm
- Look for the Good
- Effective Ignoring

You will continue to learn skills that will help. Jot any down here as reminders, if you find any especially helpful for you in reducing the dirty dozen!

- _____
- _____
- _____

