



Banishing C-Boulders Cards

To help with the tracking sheet, you can print out these cards to use during discussions or to practice.

TIP: You can cover them with clear packing tape so they won't wear out as quickly.

Print both pages out, for double-sided cards.

If you have a double-sided printer:

Choose "do not resize", "print on both sides" and "flip on long edge" to get both front and back of the cards.

Otherwise, you can simply glue or tape them together.

Sarcasm

Cutting humor that insults a person's ideas, efforts, or intelligence damages a family member's sense of self and desire to bond.

Put-Downs

Mocking remarks or put-downs are disrespectful and hinder family bonding. Choose words that build.

Crabby-Voice

Cross or angry voice tones—and body language—causes people to withdraw emotionally, and we get less cooperation.

Slash and Burn

Yelling, name-calling, insults, or swearing are aggressive and abusive. They render us emotionally unsafe and we lose the love we seek. They have no place in family conversations.

Hostile Criticism

Hostile, insensitive, or harsh criticism demoralizes instead of builds, and rarely gets positive results.

Always-Never

Speaking in absolutes is insulting and usually inaccurate, as there are usually exceptions.

Mind-Reading

Implying you know a person's thoughts ("You care more about sports than me") is judgmental.

Flooding

Extra-long comments overwhelm kids and come across as lecturing or nagging.

Blame-Game

Blaming others creates negative feelings and sets people against each other instead of working together.

Taking Offense

When we feel blamed or misunderstood, we often take offense and our voice tones become defensive, which puts a fence between us and the person we are talking to.

Stonewalling & Gaslighting

Refusing to admit you have fault to correct or distorting reality to make others feel like what they're seeing or feeling isn't real.

Dumping

Bringing up old arguments and injuries is a sure-fire way to kill constructive communication.



Banishing C-Boulders Cards Page 2

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Cancel Crabby-Voice

Change your voice tone.

We control our voice tones and can speak calmly and respectfully if we practice.

Always use a soft voice, and genuine tone, when addressing hard issues.

Build instead of Put-Down

Choose words that build.

Try using Reinforcing Compliments instead:

Give your compliment as soon as you see a good behavior, and be enthusiastic and sincere. Describe the behavior specifically saying exactly what you liked. Explain a benefit for doing the behavior. Add a gentle touch.

Stop Sarcasm

Be genuine.

Cutting humor that insults a person’s ideas, efforts, or intelligence damages a family member’s sense of self and desire to bond.

It’s not Always-Never

Leave those words out!

Try using assertive “I-Messages” to communicate concerns and worries you have:

“I feel ___ when ___ happens.”

“It made me feel ___ when you said ___ to me.”

“Whenever I see ___ I feel like you’re communicating ___ to me.”

End Hostile Criticism

Look for the good in others.

Each time you notice a fault in someone, replace your criticisms with a positive phrase.

Viewing others with criticism & judgment filters reality through our own prejudices, and prevents us from seeing reality. All people suffer hardships; all deserve compassion.

Stop the Slash and Burn

Choose to be assertive instead of aggressive.

Attitude: Respect for self, concern for others

Body Language: Confident, tall, good eye contact; respects others’ personal space

Voice tone: Calm, polite, firm, controlled

Words: Clear “I-Messages” that say how you feel, express your needs, or make requests without C-Boulders

Stop the Blame-Game

The goal is to fix the problem, not place blame or fight over who is at fault.

Use the Listening Stick or other techniques as you learn them in SFP to find common understanding in how to support each other.

Prevent Flooding

Be brief and to the point, and then ask for feedback—or you’ll be tuned out.

If you have more issues that continue to surface because they haven’t been resolved, find another time to bring up these issues.

Mind-Reading

Ask questions to seek understanding.

You may not have an accurate idea of what someone is thinking or feeling.

Use “LUV-Listening” and “I-Messages” instead of making assertions.

How to Stop Dumping

Stick to the issue at hand.

If you have hurtful issues that continue to surface because they haven’t been resolved, make an appointment to discuss the troubling issues with the person. Use the Listening Stick or other techniques as you learn them in SFP.

No Stonewalling & Gaslighting

Admit when you are wrong or hurtful.

Admit to the part of the disagreement you are/were responsible for.

By not admitting your own wrongdoing, or denying an event outright, you teach others not to trust you.

How to Stop Taking Offense

Take a deep breath. Check your tone of voice:

Option 1: Ask polite questions and use “LUV-Listening” to better understand their view.

Option 2: Use assertive “I-Messages” to keep communication going.

If things get hostile, take a break and jointly set a time to revisit this so you’re both calm.