

### Aleksandra Zielazna-Pawlukiewicz



part 2

### Course Outline

- Module 1
- 30.11.2021 g.17:00-19:00
- Module 2
- 02.12.2021 g.17:00-19:00
- Module 3
- 07.12.2021 g.18:00-20:00
- Module 4
- 09.12.2021 g.17:00-19:00





part 2

### Presentation Outline

- Small talk
- Flash back
- Twelve communication blocks and the consequences of these blocks for the sender and recipient of a message
- Examples of messages with hidden communication blocks
- Ways to eliminate communication blockages

### **Communication** types

due to the transmission technique

# WRITTEN





# Communication blocks



point of view. Blockade [blo'ke su: What are stc communication blocks?





## Communication disruptions

verything that affects the message distortion

### VTERNAI

speech disorders hearing disturbances neurological deficit perceptible threat

## EXTERNAL

noise disturbances light disturbances vision disturbances message mismatch with the recipient

### Most common communication features

O1 COMMUNICATIVE FUNCTION	02 EX <sup>-</sup>
• representational (informative) -	• CAUS
focuses on providing information	realit
content	• mag
<ul> <li>expressive – it is used to express</li> </ul>	religi
feelings and emotions	the s
<ul> <li>impressive – it serves to influence</li> </ul>	• prese
<ul> <li>fatal – serves to keep the</li> </ul>	its he
conversation going	provi
	hims

### **(TRA-COMMUNICATIVE FUNCTION**

- sative shapes and changes ity,
- gical associated with beliefs,
- jion uttering words should, in
- speaker's opinion, affect reality,
- sentative (characterizing) with
- elp the sender of the message
- vides us with information about
- self.







IMMARY

# DISRUPTIONS

provide only distortion and we may continue the conversation

## BLOCKS

provide a negative attitude and make the desire to talk disappears

# Communication blocks by Gordon



### Communication horsemen of the Apocalypse by Gordon



# Communication killers by Gordon





### Judging











Judging

01 CRITICIZING	02 LAE
<ul> <li>expressing negative opinion usually</li> </ul>	• from
ad personam	e.g y
<ul> <li>pouring out frustration to</li> </ul>	blond
interlocutor	• used
<ul> <li>provides interlocutor to defensive or</li> </ul>	every
attacking position	• used
<ul> <li>general quantification: everyone,</li> </ul>	by sh
nobody, you always, you never, etc.	

### BELING

the cykle of typical behavior, your typical student, typical de,

to destroy individuals and puts yone in one bag d to force somebody to change,

haming

Judging

### MAKING DIAGNOSIS

- play an amateur psychoanalyst
- used to cut our feelings off to enable to see somebody not as a person
- used to manipulate the environment and show the problem is in other person
- "diagnosis is not for the patient"
- diagnosis itself doesn't change the reality

- good girl, good boy, good student,
  - good picture, good project
- compliment expressed in an incorrect way
- may be associated with
  - manipulation (carrot and the stick)
- would you be.....

### PRISE COMBINED WITH EVALUANTION



## significantly rises up well-being of the judge



Authority



### QUESTION SHOOTING

 asking too many wrong uestions' asking questions and leaving no space to the answear

GIVING ADVICE

• if a were you, me at your postion, at your position



## significantly limits interlocutor's sense of freedom and dignity

Avoiding

DISTRACTION

- You made a mistake
- Yes I know, but..... you know I tried my best. I even went....really wanted to find a solution, cause I know this is important to you, so I tried
- ALLEGEDLY LOGICAL ARGUMENT
- Too much logic can lead to freezing up completely and ignoring the emotional component, which is extremely important in life.

### CALMING DOWN

 calm down usually works the opposite everything will work out somehow the sun will shine tomorrow too



## Avoidance helps us to escape from confronting emotions, someone else's or ours

### What are the consequences of 12 communication killers?

## Authority

# Avoiding

# Judging Withdrawal

# Withdrawal

## -->Withdrawal

### How it works?



# How to eliminate communication killers?



BURNING

WORDS



# How to eliminate communication killers?

YESBUT IT IS NOT UNEQUIVOCAL SPEAK NORMALLY WITH ME, **CALM DOWN USE NORMAL TONE OF YOUR VOICE CONSIDER A CALM APPROACH** JUST DON'T BE NERVOUS YOU NEVER DO... I DON'T REMEMBER YOU DOING.... ALWAYS IT IS SECOND TIME YOU HAVE TO HOW DO YOU FIND YOURSELF TRYING

# How to eliminate communication killers?

YOU MISUNDERSTOOD I HAD STH DIFFERENT IN MY MIND ME IT'S NOT LIKE THAT IT IS NOT MY POINT I'll TELL YOU WHAT I THINK HONESTLY SPEAKING NO PROBLEM OK, I'LL DO THIS IT'S NOT A PROBLEM **IHAVE A SOLUTION FOR** THIS SITUATIO

# How to eliminate communication killers?

## INTENTION

## EMOTIONS

## ASSERTIVENESS







