

Negative Communication Behaviors Or Styles

- Asking loaded or accusing questions
- Bragging, showing off, talking about self
- Breaking confidences, failing to keep important promises
- Complaining or excessive whining
- Criticizing excessively, fault finding
- Demanding one's own way, refusing to negotiate or compromise
- Disagreeing routinely
- Displaying frustration frequently
- Diverting conversation capriciously, breaking others' train of thought
- Flattering others insincerely
- Interrupting
- Joking at inappropriate times
- Keeping a sour facial expression
- Losing one's temper frequently or easily
- Making aggressive demands of others
- Making others feel guilty
- Monopolizing the conversation
- Not respecting the opinions of others
- Overusing "should" language, pushing others with words
- Overusing "why" questions
- Patronizing or talking down to others
- Playing games with people, embarrassing or belittling others
- Restating others' ideas for them, but with changes
- Ridiculing others
- Showing obvious disinterest
- Soliciting approval from others excessively
- Telling lies, evading honest questions, refusing to level with others
- Throwing "gotcha's" at others, embarrassing or belittling others
- Throwing verbal barbs at others
- Using nonverbal put-downs
- Verbal abuse, insulting comments
- Withholding customary social cues such as greetings, nods, etc.