



Communication That Works

Tips & Tools

Oils to balance throat chakra/increase effective communication

- *Ylang ylang
- *Bergamot
- *Cypress
- *Peppermint
- *Spearmint

Oils to calm negative words/increase calm communication

- *German or Roman Chamomile
- *Peace & Calming

Five Communication Styles

- *Assertive
- *Aggressive
- *Passive-aggressive
- *Submissive
- *Manipulative
- *Assertive

*Aggressive - all about winning, often at expense of others; puts their needs before others

Behavioral characteristics

- *Threatening
- *Loud
- *Hostile
- *Intimidating

Nonverbal behavior

- *Voice – loud
- *Posture – imposing
- *Gestures - big, sharp/jerky
- *Facial expression – scowl, frown, glare

Language

- *"It's my way or the highway!"
- *Sarcastic, condescending, insulting

People on receiving end feel:

- *Defensive
- *Humiliated
- *Resentful
- *Like they are "walking on eggshells"
- *Afraid



*Passive Aggressive - appears passive on the surface, but actually acting out anger in indirect or hidden ways; usually feels powerless and resentful; express their feelings by subtly undermining the object (real or imagined) of their resentments; don't take accountability for their situation or behavior

Behavioral characteristics

- *Sarcastic
- *Devious
- *Complaining
- *Sulking
- *Gossip

Nonverbal behavior

- *Voice – sugary sweet voice.
- *Posture – often asymmetrical, i.e. hand on hip or hip thrust out (when being sarcastic or patronising)
- *Gestures – jerky, quick
- *Facial expression – sometimes sweet, innocent, docile

Language

- *"Let's just do it your way. My ideas aren't worth listening to anyway."
- *"I'll just do it myself....as usual."

People on receiving end feel:

- *Confused
- *Hurt
- *Resentful

Submissive - All about pleasing others and avoiding conflict; undervalues or degrades self by putting needs and rights of others first always

Behavioral characteristics

- *Apologetic
- *Yielding
- *Victim
- *Won't accept compliments
- *Terrified of conflict
- *Would rather be a martyr than come up with solutions

Nonverbal behavior

- *Voice – soft-spoken
- *Posture – as small as possible, head down
- *Gestures – twist and fidget
- *Facial expression – no eye contact

Language

- *"You choose. I'll be okay with whatever you pick."
- *"It's okay. I didn't really want it anyway."

People on receiving end feel:

- *Exasperated
- *Guilty



*Frustrated

*Manipulative - Scheming, calculated, shrewd; influence or control others to their own advantage

Behavioral characteristics

*Cunning

*Sulking or crying to get their way

*Making others feel obliged or sorry for them

Nonverbal behavior

*Patronizing

*Envious

*High-pitch

Language

*"You are so lucky to have those chocolates, I wish I had some. I can't afford such expensive chocolates."

People on receiving end feel:

*Guilty

*Frustrated

*Angry

*Annoyed

*Assertive - high self-esteem; healthiest and most effective style of communication; don't resort to games or manipulation

Behavioral characteristics

*Achieves goals without hurting others

*Protective of own rights & respectful of others

*Accepts compliments

*Takes responsibility

*Asks directly for needs to be met and accepts risk of rejection

*Not afraid to say "no"

Nonverbal behavior

*Voice – medium pitch, speed and volume

*Posture – open tall, relaxed, no fidgeting

*Gestures – even, rounded, expansive

*Facial expression – good eye contact

Language

*"Will you please turn the volume down? I am really struggling to concentrate on my studies."

"I am so sorry. I won't be able to help you this afternoon. I have a meeting already scheduled."

People on receiving end feel:

*Respect for communicator

*can take communicator at his/her word

*know clearly where they stand



Adapted from <http://www.clairenewton.co.za/my-articles/the-five-communication-styles.html>

Journaling Prompts

*Think back to a time that you truly and unfairly hurt someone with your words. How did you feel about it afterwards? Were you able to repair the damage?

*Think back to a time when someone unfairly hurt you with their words. How did you feel? Was it difficult to recover?

*Pick one negative phrase that you often speak without thinking, for example, "I am always running late." How can you rephrase that into something constructive? For example, "I am managing my time better so that I arrive on time more frequently."

Crystals for Communication

Some people feel more sensitive to the energy of crystals than others. Others may feel that the use of crystals is "out there." If nothing else, carrying or wearing specific crystals can simply serve as a colorful reminder of the energy one wishes to cultivate, i.e. a sense of communicating truth effectively from carrying one of the stones listed below. They are a beautiful part of creation. Why not enjoy them?

Use these crystals in your journey to balance your throat chakra, dispel negativity and encourage bold communication of truth:

*Lapis lazuli

*Amazonite

*Aquamarine

*Turquoise

Communication Meditation

<https://youtu.be/mVA2jhd0qC8>