



Roadblocks to Effective Communication

<u>“Roadblock”</u>	<u>Examples</u>
Kitchen-sinking	----- Adding more new issues – “Well, what about the Way you treated me at Christmas and what about how you never pitch in around here?”
You-tooing	-----“I may have interrupted you, but you interrupt me all the time.” “Your temper is just as bad as mine...admit it.”
Past Historicizing	----- “What about last year when you....?” “You forget that you lost money in the market two years ago.”
Overgeneralizations	-----“You always forget something.” “You never bring what you need.”
Labeling	-----“You are irrational.” “You are a moron, completely uninformed.”
Mind Reading	-----“I know you are angry with me.” “You love to argue, don’t you – just to ruin my day”
Fortune Telling	-----“This will never work. You will blow it again.” “We can’t ever work things out...it’s useless.”
All-or-none Remarks	-----“This whole discussion is a waste.” “Your position is completely illogical and without merit.”
Exasperating	----- (Big sigh, eyes rolling) “It’s just hopeless and exhausting trying to talk with you.” “Will you ever get to the point?”
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