

### Communication Style Checklist

**Mother**

**Father**

1. Parasupport/Empathy		
2. Modify/Compromise/Negotiate/Shift		
3. Expression of Feeling Self-Disclosure      Positive Content ----- Negative Content	-----	-----
4. Polite Request		
5. Solicit/Open-Ended Questions		
6. Summarize/Paraphrase		
7. Praise/Appreciate		
8. Disagreement/Open		
9. Accept Responsibility		
10. Humor		
11. Fault Finding		
12. Defensive/Deny Responsibility		
13. Yes...But		
14. Complain/Whine		
15. Ignore/ No Acknowledge		
16. Withdraw/Retreat		
17. Coerce/Threaten		
18. Escalate/Negative Affect		

19. Masked Meanness/Martyrdom		
20. Disagreement/Closed		
21. Demand/Moralize		