

**Behaviors that Typically Don't Get You What You Want and
Destroy Effective Communication
(A not-all inclusive list in no particular order)**

1. Name-calling
2. Shouting
3. "Holier Than Thou" behavior
4. Whining
5. Using Derogatory terms
6. Intimidation (using body language or words to convey hostility)
7. Insulting body-language (eye-rolling)
8. Insulting tone of voice (mocking)
9. Ridicule
10. Sarcasm
11. Guilt tripping
12. Extreme emotional outbursts
13. Not listening
14. Arrogance
15. Interrupting
16. Passive-aggressive remarks
17. Invalidating other's emotions
18. Lacking self-awareness
19. Not owning feelings
20. Requiring that others prove themselves
21. Avoiding apologies
22. Being repetitive
23. Bringing up irrelevant information
24. Wording in the absolute ("always", "never")
25. Keeping score of past hurts
26. Belittling
27. Being repetitive