



Communication Styles

By [HLTAA](#) on April 6, 2013 in [Lifestyle](#)

When we have been raised in a shame-based family environment we learned some interesting styles of communication. We might be aggressive, where we attempt to trample everyone, or we might be passive where we don't speak up for ourselves or we may be passive aggressive where we smile at people and "stab them in the back", when they are not looking.

We can learn assertive communication which is clean, clear, direct and cooperative.

AGGRESSIVE COMMUNICATION

Aggressive communication comes from a place of being powerful and is typically a style where people express their feelings, thoughts and opinions when looking for a way to get their needs met by violating the rights of others. Generally, aggressive communicators are verbally and or physically demonstrative because they were shamed in childhood so they developed a soul wound of low self-esteem, for example, which cause them to be powerless.

Aggressive communicators typically:

- use you statements, implying that it's about you
- act out in a rude or threatening matter
- continually attempt to dominate others
- are very impulsive
- have a very low frustration threshold
- do not listen well
- frequently interrupt
- attempt to control others through humiliation

- speak in a demanding, overbearing and loud voice
- attack, blame and criticize others
- have an overbearing posture and intense piercing eye contact

Traits of the aggressive communicator:

- they generate hatred and fear in others
- they blame others for a great percentage of the time instead of owning their own issues, preventing their own maturity-and never grow up
- they alienate others/they alienate themselves from others

The messages being sent by the aggressive communicator:

- "I will violate your rights."
- "I am pushy, bossy and allowed."
- "I'll get my way, one way or another."
- "I am superior and obviously right, and you're inferior and obviously wrong."
- "I'm entitled."
- "I will intimidate you and dominate you."
- "it's all your fault."
- "you owe me."
- "you're worth nothing."
- "I own you."
- "understand, stupid?"

PASSIVE COMMUNICATION

Passive communication comes from a place of being powerless. Generally the soul wound of passive communicators is related to low self-esteem, whereby they believe that they "are not worth it." They don't express their thoughts, opinions or feelings. They definitely will not ask for what they need. In fact they struggle even identifying what their needs are. They typically do not respond when they are hurt or enraged. Instead they allow a buildup of unexpressed feelings resulting in occasional outbursts, showing up as huge over- dramatization of a minor event. During and after the outburst they feel confused and ashamed and immediately return to being passive.

Passive communicators typically:

- speak apologetically in a soft tone
- rarely if ever assert themselves
- carry a slumped body posture while exhibiting poor eye contact
- tell others verbally or nonverbally to infringe on their rights

-rarely if ever express thoughts, opinions, feelings or needs

Traits of the passive communicator:

- they are unable to “grow up” or mature because they do not address the real issues
- they often feel hopeless and can’t see the forest for the trees resulting in deep sorrow
- because their life appears to be out of control they often feel anxiety or panic
- because they ignore their feelings they live in a constant state of confusion
- because their needs are not being met, they generally feel resentful

The messages being sent by the passive communicator:

- “I need you to step on me.”
- “I can’t stand up for my rights.”
- “Please don’t consider my feelings.”
- “I’m weak and unable to care for myself.”
- “I don’t even know what my rights are.”

PASSIVE-AGGRESSIVE COMMUNICATION

Passive-aggressive communication comes from a place of being both powerful and powerless. This type of communicator gives the illusion of being passive, yet they’re actually operating from a place of rage. This rage may show up in indirect and subtle ways. An example of a soul wound that these people carry maybe powerlessness. They don’t feel that they have the power to deal directly with the person or thing that they resent. They prefer instead to express their rage by very covertly sabotaging the “object” of their resentments. They will “submarine” whoever or whatever as often as possible. They smile at you while undermining you the whole time. Passive-aggressive people will run this program, whether what is happening for them is real or imagined. Schadenfreude is also one of their favorite behaviours.(LORI-give my definition)

Passive-aggressive communicators typically:

- give the illusion of cooperation while deliberately and secretly doing whatever it takes to undermine a person or a project, etc.
- to “get even” they will use covert sabotage methods
- chitch in their minds, and/ or mutter to themselves rather than deal with the person or the issue at hand
- can’t even fathom that they might have some rage in them
- are facetious or sarcastic
- constantly live in a state of denial
- generally their facial expressions don’t match how they feel

Traits of the passive-aggressive communicator:

- they ooze resentment, and they burp rage similar to a volcano, while not dealing with the real issues, so they don’t really ever grow up
- become alienated from everyone around them
- they don’t know how to get out of their powerless/powerful stance in order to get to empowerment

The messages being sent by the passive-aggressive communicator:

- “I give the illusion of cooperation and collaboration, but I am the opposite”
- “I’m pathetic, pitiful, weak and bitter, so I will frustrate you, covertly sabotage you and attempt to throw you off balance”
- “since I’m powerless to do with you in a forthright manner, I must use sneak attack
- “I will do anything I can to ensure you fail and I will enjoy making it happen”

ASSERTIVE COMMUNICATION

Assertive communication comes from a place of empowerment and there is no opposite of empowerment. This style of communicating will show up gently and gracefully as people heal their soul wounds. The assertive communicator clearly states opinions, thoughts and feelings, fully cognizant of what their own needs and rights are, without violating, sabotaging or crushing others. The assertive communicator will speak from a place of pure intentions, without ulterior motives or hidden agendas.

Assertive communicators typically:

- speak from the “I”
- feel centered and balanced within themselves, so they’re able to connect to others.
- Operate from a higher place than the 5 senses
- are attentive listeners knowing when not to interrupt
- maintain just the “right amount” of eye contact
- their body posture is relaxed
- able to state needs and wants cleanly and clearly
- aware of what their feelings are and are free to share them with others
- accepting any criticism or complement simply as feedback
- gives the partner the option to engage or not at the moment, gives them the right to negotiate a different time to
- communicate from a kind, gentle, caring, loving place.

Traits of the assertive communicator:

- they are grown-up and mature
- they know what they can control and what they

can't

- they understand that uncertainty is the key to certainty
- they co-create a loving environment with others
- they feel a strong connection to a higher power and understand that we are all one and therefore connected to each other
- they understand that if they hurt you they're actually hurting themselves
 - as the listener, clarifies what the speaker expects from them
 - as the speaker, clarifies with the listener what they need from them
 - checks with the listener that they are being understood
 - seeks clarification when not understanding

Messages sent by the assertive communicator:

- “I can't control others, and I know that it's not about control so I can feel the feeling and choose the behavior.”
- “I am the only one responsible for getting my needs met.”
- “Nobody owes me anything, unless they've agreed to give it to me.”
- “I created and therefore deserve everything that's happened in my life.”
- “I realize I actually have the ability to make choices.”
- “I speak honestly, clearly and I get to the point.”
- “I feel empowered.”
- “My typical “state” is one of joy.”
- “I feel _____ (whatever emotion or feeling is being experienced) when you _____ (whatever action or behaviour is being demonstrated).”
- “What I'm asking of you /what I need from you is _____ (listen to me as a sounding board- I do not need you to give me a solution, give me advice, give me feedback, give me your opinion, feelings, thoughts, help with something). Would you do that for me?” In response, “no.” or “no, I will however _ (make a counter-offer or suggestion to meet your need, e.g. listen to you in an hour when I can be present for you).”
- “If I am unsure about something, I simply clean it up and clear it up.”
- “If I'm unclear about something, I ask the person to clarify what they meant (I am not understanding, would you explain it to me another way?).”
- “I'm 100% responsible for loving myself.”
- “To use my intuition rather than projecting.”
 - “I really want to listen to you. What do you need from me right now?”
 - “Am I making myself clear?”

~ This is an excerpt from Vladimir Kanizaj;s upcoming book “I'm the Problem?”

Bio

Vladimir Kanizaj teaches **Life Mastery**. People call him “The Soul Woundologist”

Shipped to Canada from Europe at age 4 to reunite with his parents, he was subjected to a brutal childhood; physically, emotionally and spiritually. In adulthood he continued to abuse himself until, at age 39, he was told he had 3 months to live. As he began his healing journey, anything he attempted based on traditional healing methods did not work for him.

He then discovered a method that helped him heal his soul wounds, while at the same time saving his physical life. He has since helped countless others “come back from the living dead”.

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