



CRITICIZING

Criticizing means...

Finding fault and being critical of whatever the person does. It also means that you try to control them and make them insecure.

Instead of criticizing, how can I show that I am supporting someone?

By...

- Putting ourself in the other person's shoes and trying to understand them.
- Genuinely caring for their well-being.
- Letting them know that you are there for them.



BLAMING

Blaming means...

Telling someone that a problem happened because of them.

Instead of blaming someone, how do I show that I am encouraging them?

By...

- Not making fun of them.
- Offering help whenever you can.
- Reassuring them that they done their best in their work and that you believe in them.



COMPLAINING

Complaining means...

Sharing your discomfort with others nonstop and expressing your disappointment and unhappiness.

Instead of complaining to someone, how do I show that I am listening to them?

By...

- Paying attention to them when they talk.
- Taking note of both their actions and their words.
- Slightly leaning forward to show your interest.



NAGGING

Nagging means...

Continuously pressuring someone to do what you want them to do, even if they don't want to do it.

Instead of nagging at someone, how do I show that I am accepting of them?

By...

- Not judging them in whatever they do.
- Look for the positives instead of the negatives.
- Understand them by reversing the situation - this allows you to feel how it feels like when someone nags at you.



THREATENING

***Threatening
means...***

Creating fear in
someone to get
them to do what
you want.

***Instead of threatening someone, how do I show that I trust
them?***

By...

- Getting their opinion on matters when you need help.
- Allowing them to use the items that I treasure a lot,
and knowing that they will take good care of it.
- Treating them with respect.



PUNISHING

Punishing means...

Hurting someone either physically or verbally, as they have done something wrong.

Instead of punishing someone, how do I show that I respect them?

By...

- Showing your appreciation (thanking them).
- Being polite and considerate to them.
- Not discriminating them in what they do.



BRIBING

Bribing means...

Controlling someone to do what you want by telling them that you will do anything they want in return. It also means that you would only reward them if they do what you want.

Instead of bribing someone, how do I negotiate differences with them?

By...

- Setting an appropriate agreement that everyone can agree to.
- Not guilt-tripping the other person when they are unable to reach a common agreement.