

CHECKLIST 1.3 **Eliminate Negative Communication Approaches**

Rate yourself regarding the following statements.

	Consistently	Inconsistently	Never
I refrain from making comparisons between people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid making idle threats.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid sarcasm.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I refrain from humiliating people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I avoid overstating the behavior problem.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>