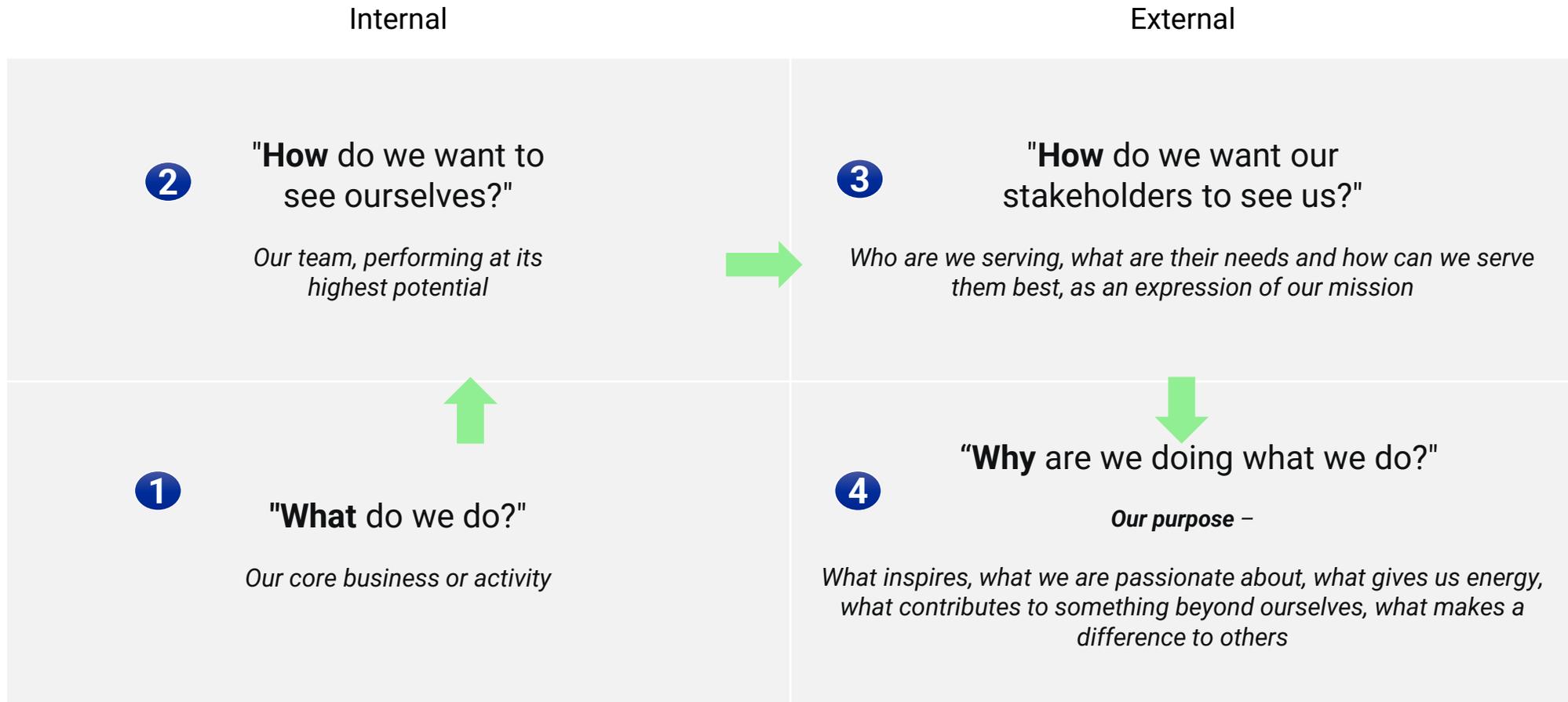


The Shared Meaning Matrix



Finding your deeper **WHY**



TEAM TOXINS - ANTIDOTES



<h2>Blaming</h2>	<h2>Defensiveness</h2>
<p>Attacking someone's personality or character, usually with the intent of making someone right and someone wrong.</p> <p>ANTIDOTES examples: talk about feelings in 'I' statements, soft-start-up (begin tactfully), express positive need i.e. form complaints into requests ...</p>	<p>Seeing yourself as the victim, warding off a perceived attack.</p> <p>ANTIDOTES examples: active listening, suspending assumptions (be/stay curious), 2% truth (find the 2% truth in what you hear), accept others' perspectives, offer apologies for any wrongdoing ...</p>
<h2>Contempt</h2>	<h2>Stonewalling</h2>
<p>Disrespecting someone in an attempt to hurt or insult.</p> <p>ANTIDOTES examples: respectful communication (e.g. avoid sarcasm), emotional intelligence: especially applying empathy, remind oneself of peoples' positive qualities, pause, breathe and check for emotional overwhelm ...</p>	<p>Withdrawing from the relationship as a way to avoid conflict.</p> <p>ANTIDOTES examples: transparency – explain why there is distance, make it safe for people to express themselves, take a break and do something soothing/distracting ...</p>

COMMUNICATION CODE

