

CIRCUIT JAMMERS

in communication



By Wayne Mack and
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being deceitful in
sophisticated ways

TINY LIES

"yes, I'll do that" but they don't
"I didn't do that" but they did
"I was only kidding" when they meant every word

don't use 100% words
like "always" and "never"

EXAGGERATION

Each of us has also known the pain of being misrepresented. What we say is misquoted or understated or overstated or given a different tone or inflection or nuance. Some of this distortion takes place within our own families.

a false or misleading
statement or a material
omission which renders
other statements
misleading, with intent to
deceive

MISREPRESENTATION

Each of us has also known the pain of being misrepresented. What we say is misquoted or understated or overstated or given a different tone or inflection or nuance. Some of this distortion takes place within our own families.

going from problem to problem with no meaningful solution (a form of complaining without any real goal)

SIDETRACKING

- when no one issue is thoroughly discussed
- any time you get close to an area where the person needs to change, they change subjects and get you on another track

cutting words aimed to embarrass or humiliate

VERBAL SLAMMING

- this is OK in Ping Pong, but it's not right when communicating. Hurling harsh and cutting words at family members will surely distance them from you, both spatially and emotionally.
- instead of slamming, be gentle! Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."

occurs when something is said in one breath and taken back (cancelled) with the next.

CANCELLATION SPEECH

- "That was a good meal, why don't you cook that way more often?"
- "That was a really nice date we went on - too bad it only happens once every year."

speech that is ugly or unwholesome, like cursing, sarcasm, cutting speech

UNWHOLESOME SPEECH

- Ephesians 4:29, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

speaking for another person, putting words into their mouth

VENTRILOQUIST SPEECH

- answering questions asked of somebody else
- finishing the story
- "what you really meant was"

cutting words aimed to embarrass or humiliate

FINAL WORD SPEECH

- know it all
- has to have the final word
- can't stand to have someone disagree

giving the silent treatment

STONEWALLING

- refusing to talk
- refusing to answer questions
- abruptly walking away
- avoiding eye contact

the quality of being anxious to challenge or avoid criticism

DEFENSIVENESS

- blaming, guilt, comparing, denying, blaming the other person, attacking the other person

always seeing the negative and refusing to see the positive

NEGATIVE BOMBS

- constantly complain or find fault
 - gloom and doom speech
- seldom affirm or talk about the positive side of people or situation
 - "Things will never change"
 - "We will never heal from this"

assuming you actually know what the other person's motives or thoughts are

MIND READING

- "you meant..."
- "You can't fool me. I've lived with you long enough and ..."
- "You said that to hurt me"

using emotional and extreme words to control and manipulate

VERBAL MANIPULATION

- "I wish you had never been born."
- "I never wanted you anyway."
- Prov. 15:4, "A gentle tongue is a tree of life, but perverseness in it breaks the spirit."

where one person dominates the conversation and will not allow anyone else to talk.

FILIBUSTER SPEECH

- talking non-stop so that the other person cannot get a word in
- constantly interrupting so that you can dominate the conversation

superficial speech that
diverts any serious
conversation

COTTON CANDY SPEECH

- superficial, lacking depth and substance
- surface talk, frivolous joking and teasing

over serious speech that
does allow any kind of
lightness

HEAVYWEIGHT SPEECH

- opposite of cotton candy speech
- laughing, kidding, sports, etc. have no place

saying whatever comes to
your mind, no matter how
hasty or extreme

HASTY, KNEEJERK SPEECH

- "Everybody agrees with me"
- "You are so stupid"

Prov. 29:20, "Do you see a man who is hasty in his words? There is more hope for a fool than for him."

- Eccl. 5:2, "Be not rash with your mouth, nor let your heart be hasty to utter a word before God, for God is in heaven and you are on earth. Therefore let your words be few."

slandering another person

NAME CALLING

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Matthew 5:22, "Whoever insults his brother will be liable to the council; and whoever says, 'You fool!' will be liable to the hell of fire."