

Behaviors That Inhibit Clarity in Relationships

By Welash-Desjardings
(Edited by Brenda Spina)

- I wouldn't want to hurt anyone.
- She/he already knows how I feel.
- What if I say the wrong thing?
- It's too risky...I'm not sure people will respond.
- People will think I'm pushy.
- I'd feel stupid.
- He/she doesn't really care to hear how I feel.
- I might not get the approval I need.
- Suppose I'm wrong about the way I feel.
- I don't want to "rock the boat."
- It's so hard to know what to say.
- What could I say in front of all those people that is really important.
- Suppose someone gets defensive or aggressive in response to what I say.
- I've never been able to express myself.
- If I don't get my two cents in now, I never will.
- Who cares if anyone else suffers? I have rights, too.
- She/he deserves to get it.
- Nice guys don't win ball games.
- If you want to get ahead, you have to step on a few toes.
- He can't make me mad...I just won't speak to him for a few days.
- I'll come on strong; then no one will know how scared I am.
- So I monopolize the conversation. I know what is right.
- He/she might have gotten the best of me this time, but next time, I'll be ready.
- I'm the mother/father/teacher; I know what's best.
- I won't say anything now, but one more comment and I'll really let him/her have it.

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