

*Behaviors That Interfere With Open Communication  
For Couples*

*Blaming:*

*If you didn't...  
When you....  
I did that because you....*

*Defending:*

*Yes, but....  
I do that because....  
I wouldn't do that if....*

*Denying:*

*That's not what I meant.  
That's not what I said.*

*"Fixing" the problem prematurely:*

*Making suggestions before feelings  
are expressed.*

*Rejecting another's feelings:*

*I don't believe you.  
That's not how you feel.  
What you really mean is....*

*Shutting down:*

*Withdrawing  
Walking away*

*Distraction:*

*Changing the subject- Yeah but you....  
The best defense is a good offense.*

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