



Unconscious communication always stirs up drama. Here is a short list, from a previous article on my blog. See if you recognize any of your unconscious patterns and challenge yourself to change them!

Unconscious Communication	Conscious Communication
Complaining	Looking for a solution or accepting what is
Blaming	Asking for what you want
Pleasing	Being authentic
Avoiding	Scheduling time to respond

DRAMA and unconscious communication is in bold and the solution or the competent conscious communication in Italics. Some of these have been my challenges and others I have been more of an observer.

- **Gripping about the heat** | *Get in the shade, or go home*
- **Worrying about the economy** | *Call your financial planner, get a second job or sell something*
- **Comparing Yourself to others** | *Network with those better than you, compliment those who are superior, or just quit looking*
- **Outbursts and Temper Tantrums** | *Beat a pillow, take a nap or go for a walk*
- **Talking endlessly about how someone did you wrong** | *Confront or forgive*
- **Judging your boss, you staff or your co-workers** | *Ask for what you want or set a boundary*
- **Justifying bad behavior** | *apologize, read some self-help or get counseling*
- **Avoiding a sales person or a decision** | *Schedule the appointment and say yes or say no so you can let go of the baggage*
- **Saying yes then not following through** | *Either do what you promised, or Say "no" and be OK with the other person not understanding*

Marlene Chism is a speaker, author and founder of The Stop Your Drama Methodology an 8-part empowerment process to increase clarity and improve productivity and personal effectiveness. Marlene combines universal principles with sound business practices to help business owners and managers run their office with no complaints, no excuses and no regrets. Marlene is also the founder of Attitude Builders, a staff development program that requires no prep, no plan and no problem.

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