Focus of this lecture:
- Define “Communication Climate”
- Identify communication patterns
- Discuss what this information means and how you can use it

Communication Climate
- The environment created by the participants in a relationship which increases or decreases defensiveness
  - Supportive
  - Defensive
  We perceive an attack
  - Deny the truth
  - Counterattack
  We respond defensively
  - Fight
  - Flight
  - Withdraw

Communication Climate
- Supportive and Defensive Communication Climate
  patterns of behavior

Communication Patterns creating
- Defensive Climates
  - Evaluation
  - Control
  - Strategy
  - Neutrality
  - Superiority
  - Certainty
- Supportive Climates
  - Description
  - Problem Orientation
  - Spontaneity
  - Empathy
  - Equality
  - Provisionalism

What can you do with this information?
- Reciprocal Patterns
- Engage in self-reflexiveness
  - What behaviors are occurring (yours and theirs)?
  - What can you do to counteract a defensive pattern?
  - Could you be misinterpreting the message?
- Take a hard look at yourself:
  - Might you be communicating using defensive patterns?
  - Could your behavior actually enable the other to use defensive patterns?
  - How is your self-esteem?
- Evaluate the relationship

Processing Time!

- Can you explain the difference between defensive and supportive communication patterns?
- If your partner is using the evaluation communication pattern, what pattern would you try to counteract it?
- What can you do to improve the communication climates in your relationships?

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