

EPISODE 86: TEN WAYS TO NOT START AN ARGUMENT

1. TAKE A LISTENING TOUR

- *“Tonight, I’m only going to listen to the opinions of others while sharing none of my own.”*
- Ask questions of others.
- Participate, don’t dominate.
- Listen, don’t lecture.

2. TAKE A NIGHT OFF

- *“I’ve spent so much time this week in heated conversations and arguments that I’ve decided to take a night off. So, I think I will just enjoy listening to you.”*
- Don’t take the bait.

3. LISTEN TO YOUR SPOUSE

- *“My wife suggested that I take a night off from voicing my brilliant insights and opinions. I’ve decided to follow her advice. So please, keep talking.”*
- Ask your spouse/friend/partner to monitor you throughout the conversation.

4. REFRAIN FROM SARCASM

- Remove toxic waste from your conversation.

5. ASK FOR MORE

- *“I’ve never even considered that perspective! Tell me more.”*
- Draw others out.
- Be curious.

6. TAKE YOUR PULSE

- When stressed, annoyed, or under pressure, exercise caution.
- Monitor your own emotions.

7. KEEP IT POSITIVE AND PLEASANT

- *“Did you come up with these thoughts on your own? They are very insightful.”*
- Keep it upbeat and happy.
- Find areas of agreement, not differences.

8. LET OTHERS WIN

- It’s a mental discipline to let it go.

- Don't need to win every argument.

9. SWITCH TO LOW POWER MODE

- *"I'm in energy conservation mode tonight...so I have chosen to talk less and listen more tonight. Please keep talking."*
- Dial it back.

10. CHOOSE TO SUFFER FOOLS

Sources mentioned in this episode:

[Communication Guys Self-Assessment: "What Type of Speaker Are You?"](#)

[Communication Guys Episode 45: "Removing Toxic Waste from Your Communication"](#)

[Communication Guys Episode 61: "Communicating to Sell"](#)

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