

EPISODE 101: HOW TO INTERRUPT WITHOUT BEING OBNOXIOUS

1. DON'T CONTRADICT

- It kills the flow of conversation and starts the flow of competition.
- It puts people on the defensive.

2. PICK THE RIGHT MOMENT

- “The opposite of talking isn’t listening. The opposite of talking is waiting.” Fran Lebowitz
- Don’t be ready to pounce.
- Wait until the speaker completes their remarks or transitions to a new point or topic.

3. CHOOSE YOUR “ASK”

- Ask for permission: “Mind if I jump in?” “Forgive me for interrupting.”
- Ask for time: “Allow me to make a quick suggestion” “Can I be rude for five seconds?”
- Ask for clarity: “Can you explain that a little more?”

4. INTERRUPT WITH A COMPLIMENT

- “You have really made me think.” “You’ve sparked a lot of ideas.” “I agree with you but I’m curious about one thing.”
- Look for common ground.

5. CHOOSE YOUR STYLE AND TONE

- People can pick up on tone immediately.

6. CONSIDER AVOIDING THE INTERRUPTION

- Jumper: ready to jump in too quickly.
- Serial interrupter.
- Need to have the last word.

Are there other communication-related topics you’d like to hear the Communication Guys address? Let us know on our [Facebook page](#).