

EPISODE 126: THE 1 DAY COMMUNICATION CHALLENGE

1. WITHHOLD YOUR OPINIONS

- We all have a variety of opinions we can't wait to share: politics, social issues, sports.
- When we're quick to voice our opinions, we polarize. Those who agree are attracted, those who disagree are repelled.
- For one day, withhold your opinions on EVERYTHING.
- When you sense a statement coming on, turn it into a question.

2. DETOXIFY YOUR LANGUAGE

- Without realizing it, your language can create a toxic atmosphere.
- For one day, remove these four things from your language:
 - Cursing: It has a way of projecting hostility and dogmatism.
 - Negativity: Don't whine, complain, or criticize.
 - Sarcasm: Say what you think directly or not at all.
 - Backbiting: Say nothing behind anyone's back.

3. IMAGINE YOU'RE OPRAH

- For one day, ask one creative question of everyone you meet.

4. PRETEND THEY'RE FROM ANOTHER PLANET

- The more you think you have in common with someone, the less patient you will be.
- For one day, assume everyone is from out of town or from another planet. How would you say things? How much patience would you have?

5. LOOK FOR AGREEMENTS, NOT ARGUMENTS

- Deborah Tannen "The Argument Culture: Stopping America's War of Words."
- We live in a polarized world, a world of arguments.
- The media thrives on creating controversy to keep ratings up.
- We develop the habit of "taking a position" instead of searching for agreement.
- Maya Angelou's poem, "Human Family"
"I note the obvious differences
between each sort and type,
but we are more alike, my friends,
than we are unlike."
- For one day, find one commonality with everyone you meet.

Sources mentioned in this episode:

[Communication Guys, Episode 44 "Are You Leaving Your Listeners Out?"](#)

[Communication Guys, Episode 56 "Dangers of a Friendly Audience"](#)

[Communication Guys, Episode 41 "Who Can Afford to Tell You the Truth?"](#)

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