

## **"The 10 Most Common Relationship & Communication Triggers"**

***By Dr. Cindy Brown, "The Business & Relationship Doctor."***

As a relationship specialist over the past 15+ years I have coached lots of people in person and on the phone to have better intimacy and communication in their personal, as well as in their business relationships. Here are some of the most common ways I have found that you may trigger each other in your relationships today. In the next issue I will share with you what to do differently so you do not cause upset.

1. Starting a conversation by pointing the finger at someone and accusing them of something.
2. Using "You" Language to blame someone. For example: "You told me you were going to be home at 7:00 p.m. and what happened? You made me scared and you were not very respectful to me."
3. Shouting in a loud tone across an office or household someone's name (remember our parents did this to us...it didn't feel good then and it doesn't feel good especially now!)
4. Using a loud angry tone, along with negative body language...rolling your eyes or letting out disapproving sounds
5. Interrupting someone while they are talking to you with what you have to say, instead of listening to them till they are completely finished talking
6. Using disrespectful or offensive words to describe someone else, or the person you are talking with
7. Using threatening physical, hand, or body gestures as a joke or for real
8. Lack of attention; being distracted by someone or something else-TV, Computer, children etc.
9. Avoiding a person and creating distance, lack of eye contact
10. Closed or negative body language, crossing arms, turning your back on someone

These are the most common ways we trigger each other. I teach my clients to avoid these mistakes in my Relationship Coaching Sessions, Relationship Makeovers and Intensives. **I can teach you the positive strategies that give you instant success and results fast, so You too can have Fulfilling Relationships NOW!**

**Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you have never done before: Give me a call or contact me so I can support you (and your relationships) in having the best life you've ever had!**

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