

Modes of Relational Communication

[*Unhealthy* – to be avoided at all costs!]

I. Destructive Mode

1. Attack: You idiot!

II. Negative Modes

2. Sarcasm: It wouldn't hurt you to validate me, you know!?

3. Criticism: You're not very good at validating!

4. Reproach: You did not validate me!
You never validate me!

[*Healthy* – to be employed on a daily basis!]

III. Positive Modes

A. Incomplete:

5. Complaint I don't feel validated by you. / I feel invalidated.

B. Complete:

6. Request: I would like to be validated.
I need to be validated.
Could you (please) validate me (now)?
It would feel really nice if you validated me.

IV. Superlative Mode

7. Invitation: It's okay if you want to validate me sweetie.
If ever you feel like validating me, it would be really sweet of you / that would be swell.
Feel free to validate me right now honey bunch (with an endearing tone): I'll be on cloud 9!

V. Reinforcement Modes

8. Acknowledgment: I feel closer to you when I feel validated.
You're a sweetheart when you validate me!
It really makes me feel good when you take the time to validate me.

9. Thanking: Thank you! (with a bonus smile)
Thank you for validating me; it feels really good.

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