

# 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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