

The top 16 ways to make the person you are talking to

feel and act like a crazy person

- send incongruent messages by saying one thing with your words and another thing with your tones, gestures, and / or actions. This is known as a "mixed message." When you send a mixed message about what you want the other person to do, this is known as a "double bind."
- send unclear message is by making vague request that are not specific and achievable, or making vague accusations that are not specific and based on observable facts
- be unclear who you are talking to, for example:
- talk to one person "through" another person (make a comment to person A about person B in front of person B, when you really mean the message for person B).
- twist other people words by magnifying one part of what they are saying and refusing to acknowledge another part of what they are saying
- insist that you know the other person's thoughts and feelings better than they do; shut down or talk over them when they try to clarify; don't let them have their say
- conflate the other person's words and actions ("A=B=C=D=F; therefore, if you say or do A, that is the same as saying or doing F.")
- use "straw man" arguments (distort the other persons words or actions, and then argue against your distortion rather than their actual words or actions)
- badger (talk for excessively long periods about a topic without saying anything new)
- throw "zingers" (comments that are presented as "jokes," but have real anger underneath them)

- snipe (make random one line comments about an area of conflict that is not the topic of the current conversation)
- move the goal posts (ask the other person to do something, then change your definition of what you asked for or add additional requirements when they try to comply)
- using "kitchen sink" arguments by:
 - o changing the subject and bringing up new issues before you can finish creating a plan to address the first issue
 - o bringing up multiple issues at once (this can include "nitpicking" about multiple small issues or using overly controlling behavior)
- attempt to shame or humiliate the other person using sarcasm, name calling, or intruding on their physical space
- focus only on negatives about the other person and refuse to acknowledge positives or progress
- refuse to acknowledge your role in conflicts by:
 - o leaving out major parts of the story
 - o ignoring or discounting the context
 - o not "owning" your thoughts and feelings, and instead projecting them on to somebody else
 - o blaming the other person for all of your problems

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