



murrayspeaks

## NEXT LEVEL COMMUNICATION



Commentary  
Criticism  
Opinion  
Cynicism  
Free advice  
Complaining  
Whinging  
Whining  
Negative reminiscing  
Storytelling  
Rehashing  
Gossiping  
Problem focused  
Assumptions  
Defensiveness  
Rigid thinking

Pessimism  
Discouraging  
Need to be right  
Negative humor  
Disrespectful  
Past focused  
Validation via drama  
Be fascinating  
Be interesting  
Self-absorbed  
Rambling  
Disagreeable  
Impatient to speak  
Judgmental  
Entertainment  
Gossip

Future focused  
Curious  
Optimistic  
Agreeable  
Courageous  
Open-minded  
Encouraging  
Edifying  
Confident  
It's all yes  
Feeds expectation  
Solution focused  
Respectful  
Agreeable  
Attitude dependent  
Enthusiastic

Permission  
Others orientated  
Situational humor  
Flexible thinking  
No need to be right  
Fascinated  
Interested  
Respectful boundaries  
Decisive  
Comfortable with silence  
Validation via goals  
Active listener  
Compassionate  
Education  
Good manners  
Grateful