Group Four:

I. Vocabulary to look up:
Halo, moralizing, labeling, overtones, "hard hats", coercively, sabotage, undermine,

II. Read about the three barriers of moralizing, name calling and ordering.

III. If you have had personal experiences with these barriers, share with your group.

IV. Be ready to share the definitions and examples. Include examples that were shared in your group.

7. Moralizing

a. Many of us love to put on a halo around our solutions for others. We tell another person what he or she should do! We "preach" at the other. We speak with "shoulds" and "oughts". Moralizing fosters anxiety, arouses resentment, tends to frustrate honest self-expression, and invites dishonesty.

b. For example; "You shouldn’t get a divorce; think of what will happen to the children." "You ought to tell him you are sorry."

8. Name Calling

a. Name calling and labeling usually have negative overtones to both the sender and receiver. Labeling prevents us from getting to know ourselves and other individuals: There is no longer a person before us, only a type.

b. "We "put down" or stereotype the other person." For example; "What a dope!" "Just like a woman ... "; "Egghead." ; "You hard-hats are all alike"; "You are just another insensitive male." "Okay, you’re a big baby."
9. Ordering

a. We command the other person to do what we want to have done. An order is a solution sent coercively and backed by force.

b. When coercion is used, we often become resistant and resentful. Sabotage may result. Orders imply that the other’s judgment is unsound and thus tend to undermine self-esteem.

c. Example, “Don’t ever talk to me like that!”