

Adaptive Communication Fundamentals

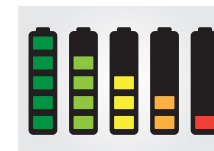
We all have our own communication 'condo'; our order preference is set at age 7
Each of us has access to all six 'channels'



Like walkie-talkies, communication only happens when there's a sender and a receiver



Also like walkie-talkies, when our own batteries get low, it's harder to communicate



External stressors can create invitations into distress; when we take those invitations, miscommunication and conflict result



