

Dr. Paul & Max Annual Couples Communication Workshop

The Tone

It's not so much what we say as the manner in which we say it.

It is not so much the words we use as the Tone in which we convey it.

There are many kinds of TONES:

The Angry Tone

The Arrogant Tone

The Condescending Tone

The Controlling Tone

The Mean Tone

The Attacking Tone

The Dominating Tone

The Passive/ Aggressive Tone

The Look Tone

The Silent Tone

The Manipulating Tone

The Are you Stupid

The Whiney Tone

THE TONE can pierce right through our skin and tends to go right to the heart. Speaking with any of these tones in our voices can be very damaging. It usually causes bad emotional reactions that lead to arguments and hurt feelings.

Our Tone of voice sets the stage for good communication or horrible communication. When we speak with a gentle, soothing, or helpful tone, we create an atmosphere of love toward one another and make our home a nice place to be.

We will discuss how talking with a bad tone affects us and the need to keep the Tone out of our words and out of our voice.

