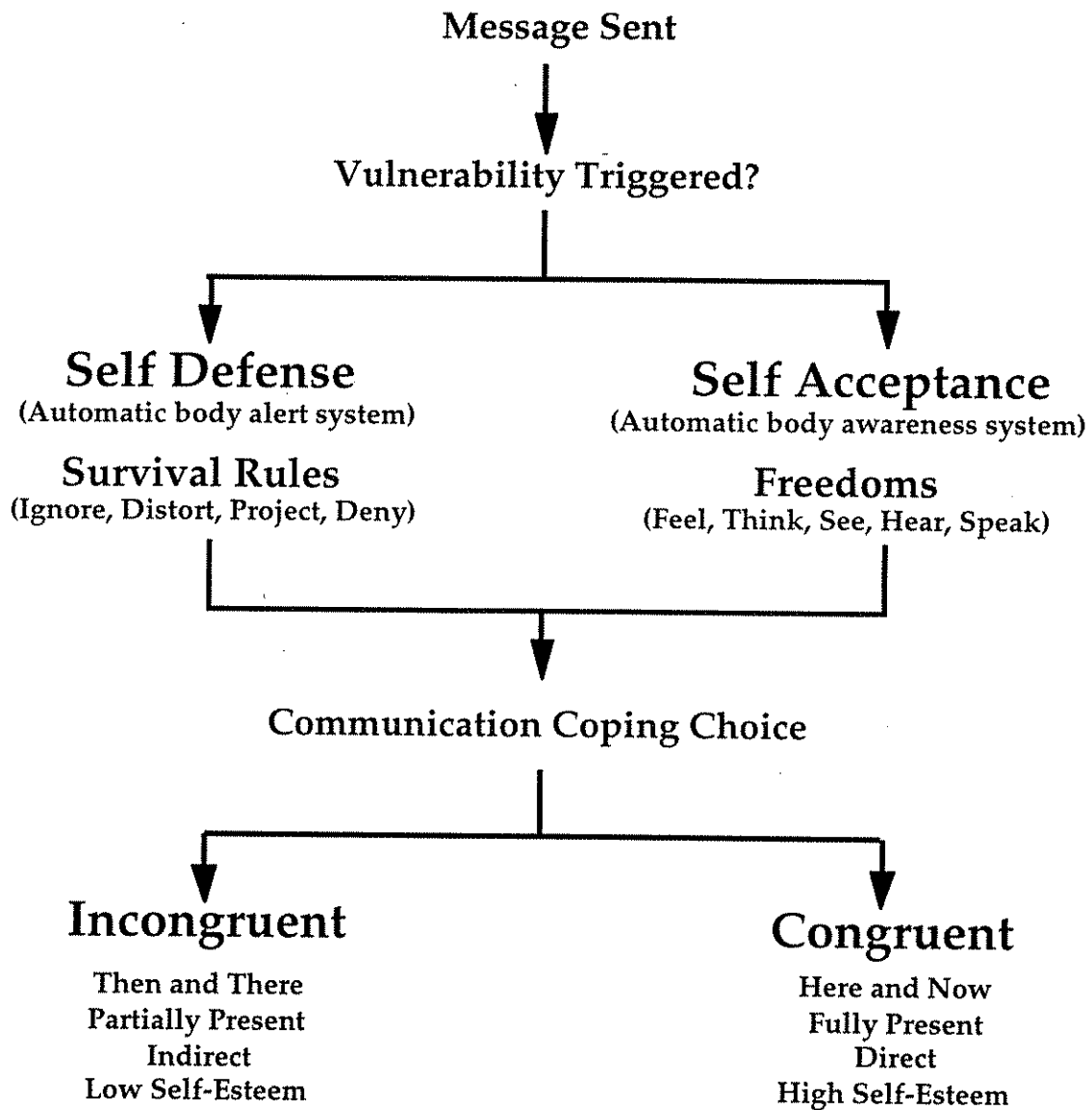


# Communication

a reflection of self-esteem



# SATIR COMMUNICATION STANCES

## PLACATER

Words: "I only want to please you." "I agree, I'm sorry."

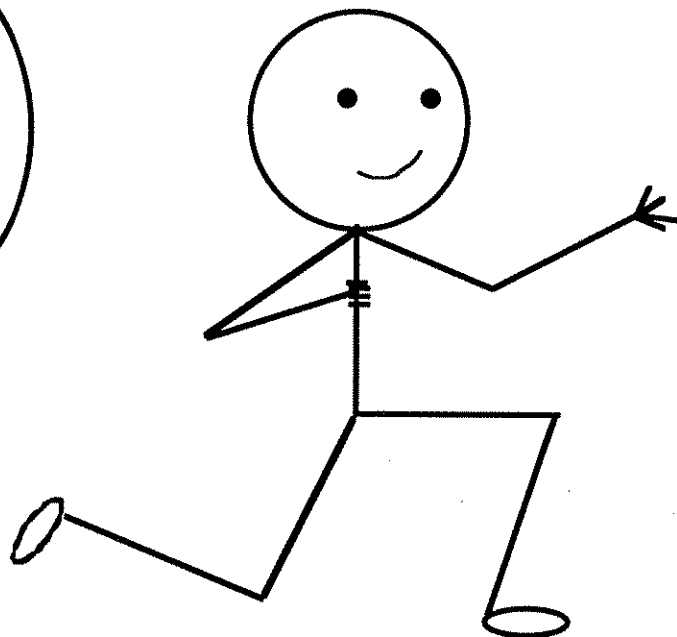
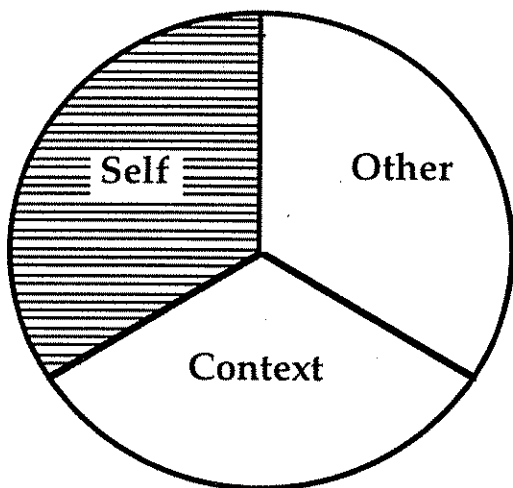
Body outside: Mousy, timid, dependent.

Inside: "I need someone to take care of me."

Self-esteem: LOW. "I need you to value me."

Transformation: Placater has the seeds of genuine caring.

This person does everything for others and nothing for themselves. This person is the keeper of peace, the go-between, the nice person, and the martyr. This person avoids conflict and the word "no"; he/she is like a door mat.

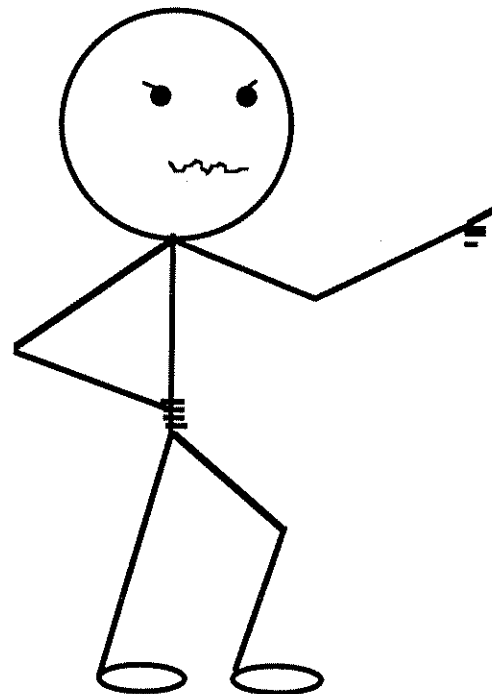
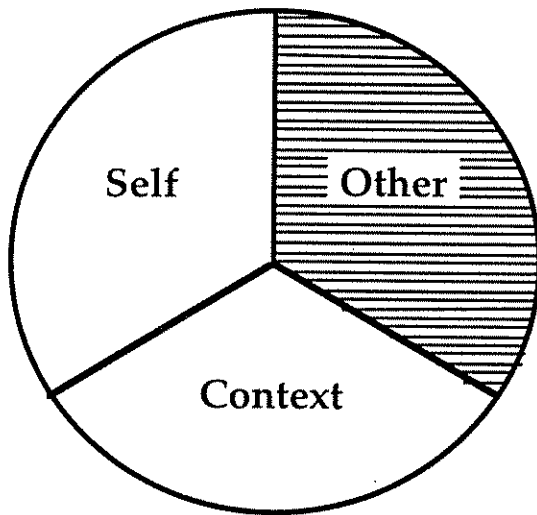


# SATIR COMMUNICATION STANCES

## BLAMER

Words:	"It is your fault." "Why didn't you?"
Body outside:	Tight, stiff, red-faced
Inside:	"I feel lonely and powerless."
Self-esteem:	LOW. "I am vulnerable."
Transformation:	Blamer has the seeds of healthy assertiveness.

This person is the complainer, bully and the dictator. The blamer lets others know that it is always their fault if anything goes wrong. There is little responsibility taken for one's situation.

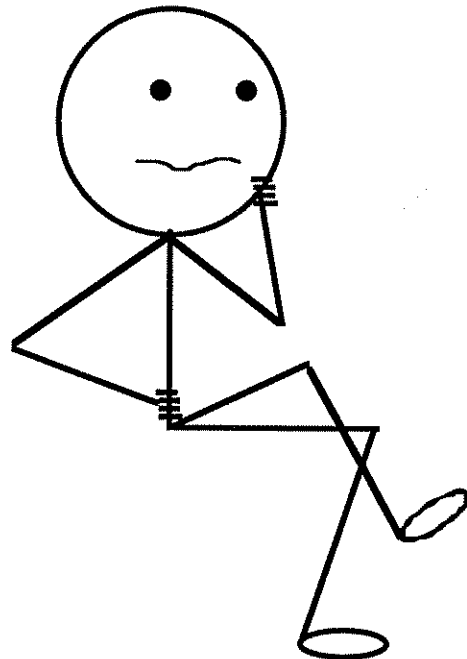
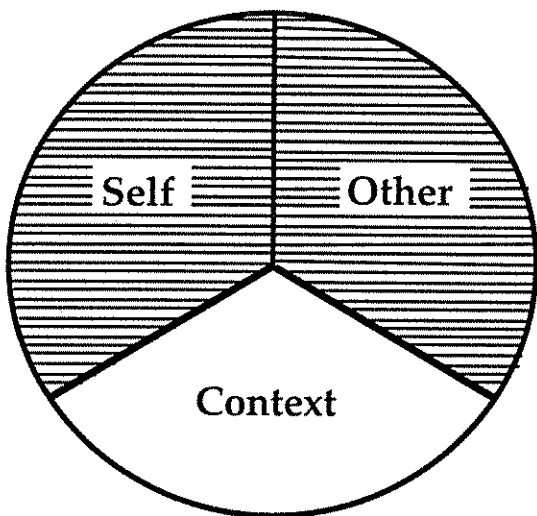


# SATIR COMMUNICATION STANCES

## SUPER-REASONABLE

Words:	Logic, ideas and fact are all that count. "I've got the right answer."
Body outside:	Cool, calm, collected, no feelings, avoids contact.
Inside:	"I am at risk and do not have control."
Self-esteem:	LOW. "I am not really O.K." "I need you to think I'm O.K."
Transformation:	Super-reasonable has the seeds of wisdom.

This person is the reasonable one, the intellectualizing, cold, aloof, non-feeling person who has the facts and often the power. This person is excellent at giving advice or taking control.

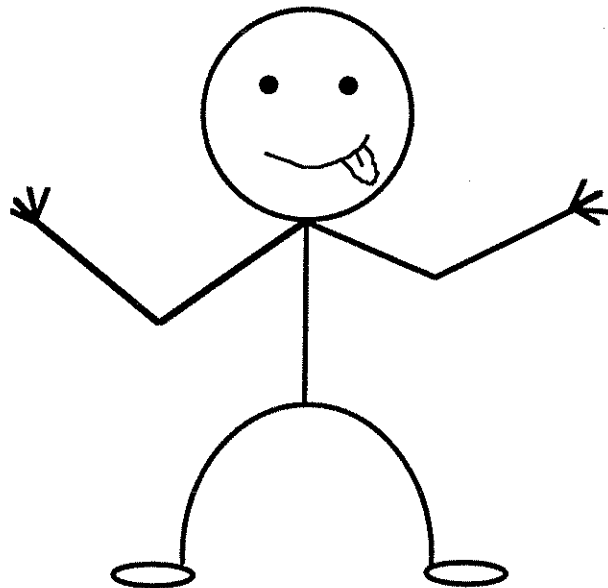
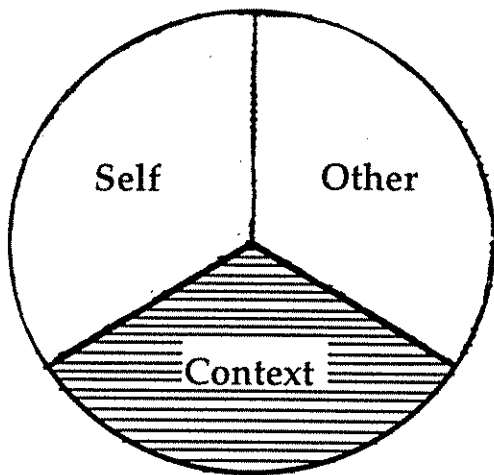


# SATIR COMMUNICATION STANCES

## IRRELEVANT

- Words: "Everything is great."
- Body outside: Off balance, unattached and maybe jerky
- Inside: "Nobody cares." "There is no place or purpose for me."
- Self-esteem: LOW. "I feel helpless."
- Transformation: Irrelevant has the seeds of creativity.

This is the distracting person who pretends not to understand and changes the topic or subject being discussed when threatened. This person will do anything to get attention, and often uses a lot of manipulation to get others to do their tasks. This person needs structure and support, but does not know how to ask for it.



# SATIR COMMUNICATION STANCES

## CONGRUENT

- Words:** Words spoken match outside expressions and internal experience. There is positive energy and empowered realness.
- Body outside:** Body shows comfort and balance and fits the expressions of the verbal message.
- Inside:** "I feel good." or "I feel bad."
- Self-esteem:** HIGH. "I feel valued and cared for."

This person listens to their mind and body and expresses themselves with their insides matching their outsides. This person has the feeling of being centered and standing on their own "two feet". This person challenges the status quo, is eager to take risks in order to grow and is responsible for their own thoughts, feeling and actions. This person is sensitive to SELF and OTHERS and their CONTEXT.

