

AI-01088 Toxic Communication

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Types of Toxic Communication

- **Backhanded Compliments:** These are phrases that appear to be compliments but actually contain hidden insults or criticisms. For example, "You're so smart for someone who didn't go to college."
- **Comparative Statements:** These comments compare you unfavorably to others, making you feel inferior. For instance, "Your sister is much better at this than you."
- **Disguised Criticism:** These remarks are presented as helpful advice but actually contain criticism. For example, "You should try to be more assertive, like Sarah."
- **Subtle Dismissals:** These statements downplay your achievements or feelings. For instance, "That's nice, dear," said with a dismissive tone.
- **Feigning Concern:** This involves pretending to care about your well-being while actually being condescending. For example, "Oh, you're so stressed? Maybe you should try to relax more."
- **Passive-Aggressive Comments:** These are indirect expressions of negative feelings through seemingly neutral statements. For example, "I don't mind helping you, but it would be nice if you appreciated it more."
- **Undermining Phrases:** These words subtly question your abilities or decisions. For example, "Are you sure that's the right approach?"

In essence, these communication tactics are manipulative and can have a significant negative impact on a person's emotional well-being. Recognizing

these patterns can help you protect yourself from such harmful interactions and build healthier relationships.

Would you like to delve deeper into any specific type of toxic communication?