

DISCONNECTING LANGUAGE

Focusing attention on the following ingredients

leads us to **disconnect**

from our own heart

from the humanity of others

from respectful and compassionate relating

and from our power to serve life.

Moralistic Judgement

thinking in terms of who is good/bad/right/wrong

Imposing my judgement

thinking you should do what I think is right

Labels

identifying a person by a generalised label

Blame

thinking about whose fault something is;
seeking to place blame on one particular person
or group of people

No choice

thinking and talking as if I have no choice: as if
I 'have to' do something, or I 'can't' do something

Demands

asking someone to do something
with an open or hidden threat of punishment
behind the asking