

"Taking the War Out of Our Words ought to be required reading in high school, college, before getting married, and before becoming a parent. Sharon Strand Ellison's work has the power to turn conflict into cooperation, resentment into rapport. This book can change lives and relationships. Read it and reap."

Sam Horn, author of *Tongue Fed* and *Take the Bully by the Horns*

# Taking the War Out of Our Words

*The Art of Powerful Non-Defensive Communication*

*A Revolutionary Process for*  
**Eliminating Defensiveness**  
**Liberating Honesty**  
**Building Integrity**  
**Inspiring Compassion**

**At Home – At Work – In the Community**

**Sharon Strand Ellison**

Director of The Institute for Powerful Non-Defensive Communication

# Taking The War Out Of Our Words

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## **Taking The War Out Of Our Words:**

*Taking the War Out of Our Words* Sharon Strand Ellison, 2007-04 Whether we are dealing with a rude clerk our child saying That s not fair our spouse ignoring us or an uncooperative co worker in our struggle to respond effectively we often become defensive sometimes without even realizing it Despite good intentions we can become manipulative and controlling even with those we love most In this groundbreaking book Sharon Ellison takes us to the root of our communication problems She shows us how defensiveness functions in our lives and can lead to hurtful power struggles outlining the six basic patterns we use Self Betrayal Sabotage Avoidance Vindictiveness Excuses Blame

**Taking the War Out of Our Words** Sharon Ellison, 2002 **Summary of Sharon Strand Ellison's Taking the War Out of Our Words** Everest Media, 2022-06-04T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The motto To be open is to be vulnerable and to be vulnerable is to be weak underlies all the defensive maneuvers we use in war We use this same rule of war when talking to each other thinking that being guarded and closed is our best protection 2 We can become defensive when we feel a need to protect ourselves from being hurt or controlled We protect our ego our self image when we talk to others rather than protecting our body 3 When we react defensively treating even a loved one as an adversary we stop seeing the complexity of the other person s motivations We see the other person s reaction only in terms of how it is directed at us as if they were an enemy approaching in battle 4 When we are defensive with each other we create emotional walls that prevent us from understanding that most people like us just want to live their lives

Don't be So Defensive Sharon Ellison, 1998 Therapist and communicator Sharon Ellison offers a practical handbook which contains the tools to replace the war model of verbal communication at home or at work with a peaceful method that heals interpersonal relationships and promotes creative dialogue

*Break Free from Narcissistic Mothers* Hannah Alderete, 2022-01-25 Many daughters struggle with their self worth when dealing with a narcissistic mother The effects of this trauma can lead to self doubt depression anxiety people pleasing tendencies fear and many other complications that follow you into adulthood *Break Free From Narcissistic Mothers* gives you the tools to reconnect with yourself and reintroduce all of your emotions back into your psyche Written by an experienced mental health counsellor this book is designed to help readers access their feelings and emotions build their confidence and establish clear boundaries to live a fulfilling life

**Lawyers as Peacemakers** J. Kim Wright, 2010 Lawyers as Peacemakers can teach lawyers new ways of finding satisfaction in thier practice and providing comprehensive solution focused services to clients sometimes it s not about winning it s about finding the best possible answer for everyone involved These practices focus on a more holistic humanistic solution based approach to resolving legal problems an approach that many clients want and need

**The Handbook of Conflict Resolution** Peter T. Coleman, Morton Deutsch, Eric C. Marcus, 2014-02-28 Praise for *The Handbook of Conflict Resolution* This handbook is a classic It helps connect the research of academia to the practical realities of peacemaking and peacebuilding like no other It

is both comprehensive and deeply informed on topics vital to the field like power gender cooperation emotion and trust It now sits prominently on my bookshelf Leymah Gbowee Nobel Peace Prize Laureate The Handbook of Conflict Resolution offers an astonishing array of insightful articles on theory and practice by leading scholars and practitioners Students professors and professionals alike can learn a great deal from studying this Handbook William Ury Director Global Negotiation Project Harvard University coauthor Getting to Yes and author The Third Side Morton Deutsch Peter Coleman and Eric Marcus put together a handbook that will be helpful to many I hope the book will reach well beyond North America to contribute to the growing worldwide interest in the constructive resolution of conflict This book offers instructive ways to make this commitment a reality George J Mitchell Former majority leader of the United States Senate former chairman of the Peace Negotiations in Northern Ireland and the International Fact Finding Committee on Violence in the Middle East chairman of the board Walt Disney Company senior fellow at the School of International and Public Affairs Columbia University Let s be honest This book is just too big to carry around in your hand But that s because it is loaded with the most critical essays linking the theory and practice of conflict resolution The Handbook of Conflict Resolution is heavy on content and should be a well referenced resource on the desk of every mediator as it is on mine Johnston Barkat Assistant Secretary General Ombudsman and Mediation Services United Nations

Learning from the Bumps in the Road Holly Elissa Bruno, Janet Gonzalez-Mena, Luis A. Hernandez, Debra Ren-Etta Sullivan, 2013-06-21 The journey to professional and personal growth takes time and the road isn t always smooth but it is a learning filled adventure Holly Elissa Bruno Janet Gonzalez Mena Luis Antonio Hernandez and Debra Ren Etta Sullivan are accomplished professionals and respected leaders in the early childhood field After a decade of speaking together at national professional development conferences they now give you twelve of their most important presentation topics as essays Each chapter presents a dialogue among the authors about a particular topic and the lessons gleaned from facing and overcoming uncertainty and obstacles Merging each author s distinct voice expertise and life experiences this collection unveils the authors personal and meaningful histories insecurities and insights You will be encouraged and challenged to think more deeply and openly about your own practices and philosophies You will gain a renewed sense of purpose as you help children reach their full potentials And you will discover as the authors did that every bump in the road is an invitation to grow and opportunity to learn Holly Elissa Bruno MA JD Janet Gonzalez Mena MA Luis Antonio Hernandez MA and Debra Ren Etta Sullivan EdD are acclaimed keynote speakers authors and experts on a variety of topics in early childhood

*Questions that Work* Andrew Finlayson, 2001 Written by a seasoned business reporter and manager this provocative questioning manifesto and practical how to book gives people the insights and tools to ask thoughtful questions in every realm of their professional lives It also helps business leaders create a progressive environment where questions flow freely and creatively

*Our Work, Our Words ...* Albert H. Mills, Nnamdi O. Chukwuocha, Twin Poets, 2008 Words of praise for the Twin Poets To see the Twin Poets is to laugh and cry and be thankful

that young poets continue our great tradition Sonia Sanchez author of Shake Loose My Skin What beauty Walter Mosley author of Walking the Dog These two brothers have the wind in their words WE NEED YOU Haki Madhubuti author of Tough Notes A wonderful skillful group of brothers with a great passion and future Michael Eric Dyson author of Come Hell or High Water Twin Poets Unity Struggle Amiri Baraka author of Dutchman The Slave

**Our Worlds in Our Words** Mary Dilg, 2010-09-15 How can teachers help their students to meet high standards of reading and writing while also preparing them to become thoughtful and productive members of a multicultural society And why is it important to do this In her new book Mary Dilg brings us into her high school English classroom where we see students reach across the social cultural and economic lines that divide them to build lifelong literacy skills The book explores what happens when we introduce students to the words of a broad spectrum of American scholars writers and artists and then invite them to examine debate and negotiate the ideas presented Dilg provides a safe space to explore complex issues and includes samples of classroom writing to demonstrate how students use their language arts classroom to make sense of themselves and their world

**In Our Own Words** Robert G. Torricelli, Andrew Carroll, 1999-11-10 This collection of more than 150 speeches aims to capture the essence of American oration presented in chronological order from 1900 across a range of themes and experience The book includes many historically important speeches This collection of more than 150 speeches aims to capture the essence of American oration presented in chronological order from 1900 across a range of themes and experience The book includes many historically important speeches from the early years of the century and Plunkitt's honest grafy to Clinton's apology to the American people over

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Congressional Record United States. Congress, 1977-04-20 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

**Munitions Industry** United States. Congress. Senate. Special Committee to Investigate the Munitions Industry, 1934

**War of Words** Sandra Silberstein, 2004-08-02 In a media age wars are waged not only with bombs and planes but also with video and sound bites War of Words is an incisive report from the linguistic battlefields probing the tales told about September 11th to show how Americans created consensus in the face of terror Capturing the campaigns for America's hearts minds wallets and votes Silberstein traces the key cultural conflicts that surfaced after the attacks and beyond the attacks on critical intellectuals for their perceived blame America first attitude the symbiotic relationship between terrorists and the media mis representations

of Al Qaeda and the Taliban used to justify military action the commercialisation of September 11th news as entertainment when covering tragic events Now featuring a new chapter on the Second Anniversary and Beyond including the war in Iraq the backlash against former heroes and accusations of presidential mendacity A perceptive and disturbing account War of Words reveals the role of the media in manufacturing events and illuminates the shifting sands of American collective identity in the post September 11th world

**The Wiersbe Bible Commentary: New Testament** , Whether you are a pastor teacher or layperson now you can study the Bible in easy to read sections that emphasize personal application as well as biblical meaning Developed from Dr Wiersbe s popular Be series of Bible study books this commentary carefully unpacks all of the New Testament The Wiersbe Bible Commentary New Testament offers you Dr Wiersbe s trustworthy insights on the entire New Testaments New Biblical images maps and charts Introductions and outlines for each book of the Bible Clear readable text that s free of academic jargon Let one of the most beloved and respected Bible teachers of our time guide you verse by verse through the Scriptures It s the trusted reference you ll love to read

**Two Masters: God or money** Pastor Edmund Danilo Auguis,2014-12-16 In this book Pastor Edmund exposes where our loyalty is whether to God or to money He also shared his insights as to why people ended up despising the Lord by trusting money He presents the seeking of the Kingdom of God by working for rewards laying treasures in heaven making use of our money to win souls and not to worry about anything including our future Other topics include Integrity The roots of all kinds of evil Our hearts inclinations The Grace of Generosity Acceptable Service to God May you find this book a blessing as you desire to fulfill your God given purpose in life

**Love Cycles** Linda Carroll,2014-08-31 In Love Cycles veteran couples therapist Linda Carroll presents a groundbreaking model of the five natural stages of romantic relationships the Merge Doubt and Denial Disillusionment Decision and Wholehearted Love and a guide for navigating through them toward lasting love Love Cycles helps readers understand where they are in the cycle of their relationship and provides a clear strategy for how to stay happy and committed even in difficult times

**The words and writings of John L. Piotrowski, General, United States Air Force; Commander in Chief, North American Aerospace Defense Command; Commander in Chief, United States Space Command** John L. Piotrowski,1989

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