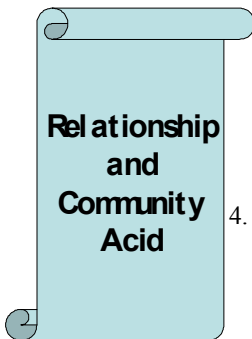


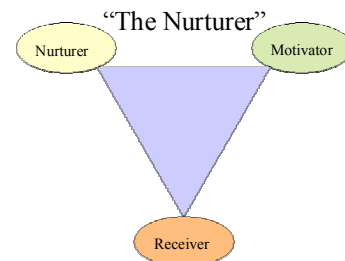
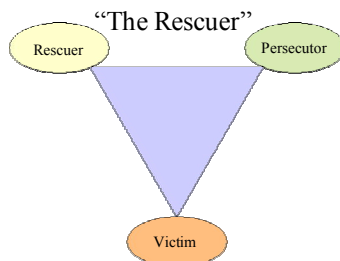
The Six Faces of Dirty Communication

"How to piss everyone off, while trying to be helpful and/or nice and/or safe." Yea!

1. Any situation in which one person does something for another that the person can do for themselves. These are usually **irregular** tasks. Being nice/romantic usually doesn't qualify, but sometimes it does.
 - I'll pick up their clothes/clean the cabin.
 - I'll get their dishes for them.
 - I know they can't do it, or they don't know what I know, so I'll help them out.
2. Any situation in which one person does something that he or she does not want to do in relation to another. The other is unaware either of the dislike, or the degree to which it is disliked. Usually not verbalized.
 - Going to this restaurant, sporting event, play, dance, kind of movie, shopping, activity...
 - Being physical in this way.
 - Not comfortable with the way you relate to (friends, strangers, males, females, kids).
 - Switching teaching periods.
3. Any situation in which one person does something for another without that person asking for help. Usually, either one person resents doing the task or the other resents having it done for them. Neither ever fully and openly communicated and negotiated that task. These are usually **regular**, recurring tasks.
 - You take care of the money side of things in relation to almost everything.
 - I'll do the cooking.
 - Giving unsolicited advice. One can ask another if they want it, and they may truthfully answer yes, but otherwise the giving of unsolicited advice is dirty communication number three.
4. People not asking for what they want for themselves because they are afraid of the other person's reaction or they don't think they can get it. The other uses this as a defensive wall – painful to get around and touch them.
 - If I say that, they're going to get mad, sad, withdrawn, sarcastic, passive aggressive...
 - I really want to (switch activities, be with a different age, have better vegetarian food), but s/he won't agree to it so I'm just wasting my time/starting an argument for no reason etc.
5. People not being honest and telling someone what is bothering them or what they would like them to do differently. Stewing. Bitching.
 - I hate it when we do that. Everyone hates that. Why are we going to do that?
 - They are so clueless, they'll never get a clue, and we get to suffer for it.
 - They (s/he) are not willing to help out – they are being so stubborn, unhelpful, and just clueless! I don't need to explicitly discuss it with them, because I already know what they are doing and why.
 - The administration said it has to be this way, we complained, they stood firm, and we're all still pissed off, but there is nothing we can do about it now. (This is never true; you jail yourself when you believe it).
6. Any joint activity in which one person puts in more effort or more interest than the other
 - We were both going to clean up this area, and somehow I got stuck doing more of the work.
 - We're both going on this trip together, but I'm the one doing most of the planning.
 - I'm the enthusiastic one that pulls everyone together; I wish someone else would step up to the plate besides me.
 - I pull most of the weight in this activity, but they aren't ever going to be as good as I am, so I guess I have to suck it up and deal.



Rescuing someone or yourself results in both people feeling victimized, angry, and distant. There is always the assumption in the Rescuer that the other person is in some way powerless, unable to take care of her/himself or in some other way one down. The Rescuer becomes a caretaker. The person being rescued has lost an opportunity to learn or expand their limits or abilities. The rescued person may feel victimized or angry as a result. In every case, the act of Rescuing another person reaffirms and maintains the power imbalance between the Rescuer and the Victim and prevents the possibility of people becoming equals in the relationship. In order to eliminate Rescues, one has to believe that people are OK and capable of taking care of themselves.



Clean Communication...Even Cleaner!

Take responsibility for your thoughts...and act on them!

Everyone together now:

- Up late? Clean communicate!
- Clear the slate, clean communicate!
- Don't procrastinate, clean communicate!
- Speak your mind, and clean it at the same time!

What Is It?

Clean communication is a cornerstone of a healthy Camp Augusta, and healthy communities and relationships in general. Without it, frustration, resentment, and grudges are all likely. Frustration and anger can be present even with clean communication, but the processes of growing, building, and maintaining those frustrations are, well, decapitated with clean communication!

We often refer to clean communication by comparing it to things that *are not* clean communication...we refer to the 6 Faces of Dirty Communication to guide us in what *not* to do. But how can clean communication be defined in *positive* terms? An exact definition for clean communication is difficult. In many ways clean communication is more about a way of being, or an orientation to the world. Clean communication allows for greater freedom and choice, both in thought and action. For example, in dirty communication, if you do something for someone else that they can do themselves, you are limiting their freedom by taking choices away from them. Here are some guidelines to help describe what clean communication is, and how to determine if your communication is 'clean.'

Clean communication:

- Is a philosophy that asks you to be honest in your thinking and actions, both with yourself and with others; other indicators include responsibility, accountability, and integrity with your thoughts and actions
- Is an intuitive sense. An impulse. You can usually feel it in your gut if you are not being honest in your thoughts and their expression
- Allows for greater freedom in thought and action

How?

Here's a guide and timeline for communicating your thoughts cleanly:

- If it crosses your mind more than twice (see the mantras at the top for additional perspective), process your thoughts, either internally or with someone else
- If you are processing with someone else, work to make sure that the person you are processing with is as close to the source as possible (the source is the person(s) you want to communicate with; processing with someone you trust who is more familiar with the source will likely provide you with greater perspective than processing with someone who doesn't know the source as well)
- Communicate the results of that processing within 24 hours (frustrations/resentments/grudges don't just "go away" if you give them more time) to the source. If you've processed with someone else, share the result of that processing with the source. And beware of Enemy Images and Rackets!
- Check back in with the person you processed with and update them on how the chat went

Camp Augusta's Clean Communication Agreement:

(Let's work to make this a money-back guarantee!)

Within 24 hours. I will cleanly communicate. and I understand and trust that others will cleanly communicate with me.

Often, during the summer, it can seem like there is little time for these discussions to take place. To help ensure that Camp Augusta's Clean Communication Agreement can be actualized, there is prime importance placed on creating time for clean communication discussions. If you have something to cleanly communicate to another person, make this intention known to a PD, and you will be scheduled time within the next 24 hours to communicate with that person (make sure to check in with the person you want to chat with before you schedule time with the PD). It is also highly encouraged to communicate with that person on your own time as well; it does not have to be scheduled, as it can often be a 2-5 minute conversation to create clarity.

Other Notes, and What Clean Communication Is *Not*

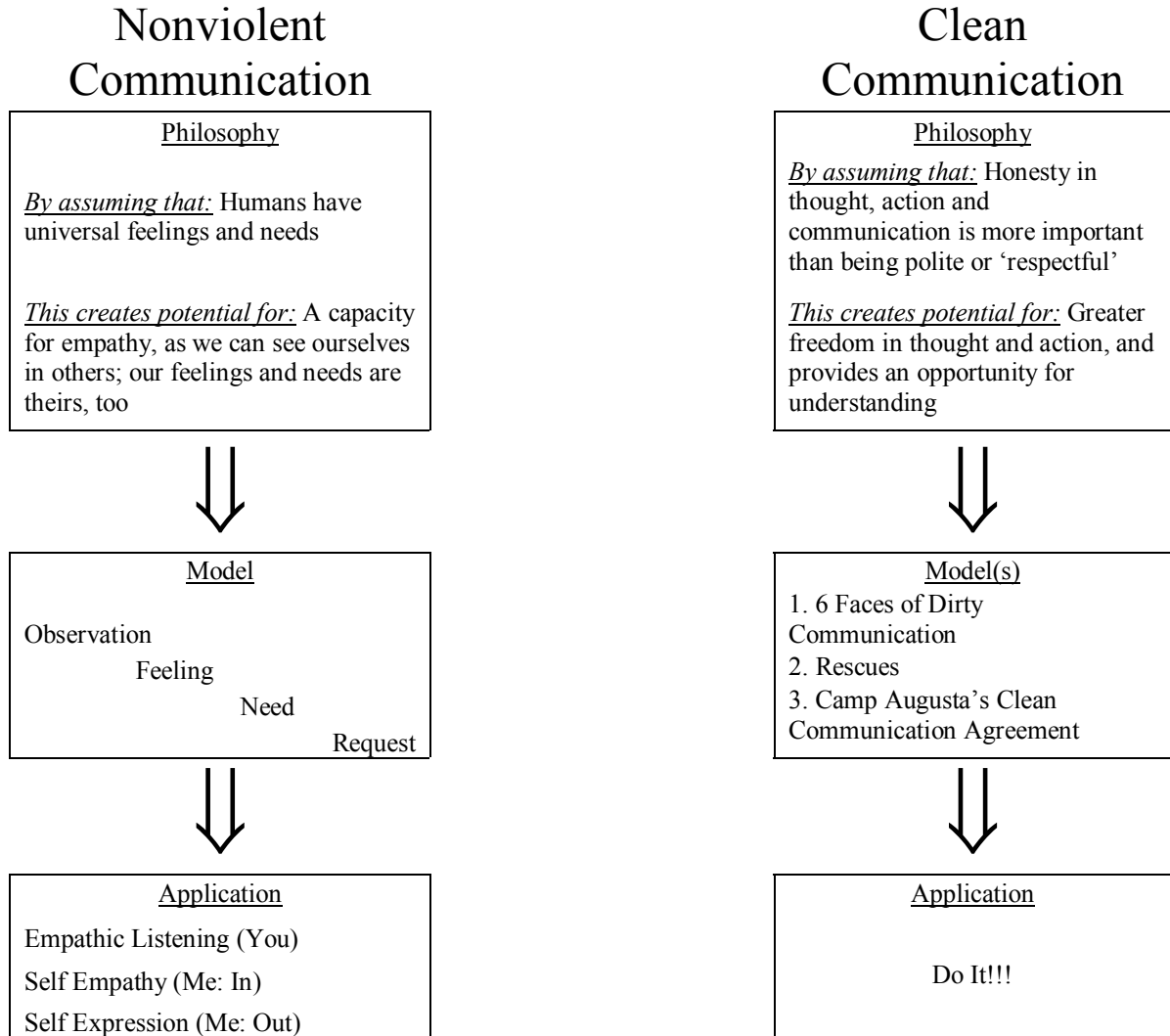
Clean communication is a philosophy that asks you to be honest with yourself and others. Its practice creates an impulse, an energy, a reason, for you to be accountable. Please note that clean communication and compassionate communication are not the same thing. You can be cleanly communicating and *not* be compassionate, or polite, or any other number of things. In fact, clean communication can be downright hostile. It would be clean to say, "You are a piece of trash. I told you never to do that again and you did it! Stop it or else!" Clean communication frees one from being polite and/or nice, which is often a good thing, as being polite and nice is nearly always a form of dirty communication. But that freedom can also lead to aggressive and destructive forms of communication.

However, one can be not nice and not polite AND still be peaceful and compassionate. So, while the philosophy of clean communication gives us reasons to communicate, that communication still may not be in line with our values, or with camp's values. Which means that clean communication is only one piece of the Big Communication and Compassion Puzzle. Other tools, such as NVC, can help us bring our thoughts and actions more in line with our values. Which brings us to...

Clean Communication and NVC

Tools for Creating a Healthy Community

How are they different, and how do they work together?



As noted in other communication documents, many of the techniques and models that we use at Camp Augusta are *tools and guidelines*. There is not an approach that will work in all circumstances, 100% of the time.

Some folks have wondered about how to reconcile some Clean Communication concepts with those of NVC. There is not a cut-and-paste process that will unite the various tools and concepts into a single vision (again, though we will continue our striving towards utopia, there is not (yet) a tool that will work in all circumstances). But here is a general guideline that puts Clean Communication and NVC into perspective with each other.

