

## DTD Episode 31 Show Notes

### In Your Communication Focus on Message Over Method

When someone is a less than ideal communicator we tend to focus on the communication method much more than the message. For instance, if a leader or employee is aggressive or speaks too quickly we tend to discount everything they say.

Often the loudest most aggressive communicators actually feel unheard. They create a self-fulfilling prophecy. They feel unheard so speak louder or longer and, as a result, are ignored. They try harder to be heard by elevating the volume and defenses against them increase even more.



While you are not required, I encourage you to try to focus on the message rather than the method. Perhaps you've been missing some nuggets of wisdom.

[Link to Episode 8 referenced Focus on Influence vs. Blame](#)

<http://podcast.defeatthedrama.com/influence-vs-blame/>