



VeteranCaregiver.com Video Resource

Recommended Resources: Managing Triangular Communication

Definition	Triangular Communication can occur intentionally and strategically, and also by accident or bad habit. A direct conversation between two people is rapidly hijacked by a third person... At this point the one-on-one conversation turns awry, tangled, and polluted. The result is a Triangle with three participants: a Villain, a Victim, and a Hero. This occurs at work, with family, friendships, the care team, and peers. And, this is drama you can learn to avoid.
Triangles	http://www.womenandrelationships.com/beware-relationship-triangle.htm
Positive Comm'n	http://lifehacker.com/top-10-ways-to-improve-your-communication-skills-1590488550# http://www.wikihow.com/Develop-Good-Communication-Skills
Positive Inter-Personal Skills	https://blog.udemy.com/list-of-interpersonal-skills/
Couples Comm'n	http://lifehacker.com/five-communication-mistakes-almost-every-couple-makes-1535461741
RN Examples	http://www.americannursetoday.com/squashing-the-communication-triangle/
Quotes	"The most important thing in communication is hearing what isn't said." - Peter Drucker "Speak when you are angry -- and you'll make the best speech you'll ever regret." - Laurence Peters "The difference between the right word and the almost right word is the difference between lightning and a lightning bug." - Mark Twain