



# 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	<a href="http://www.womenandrelationships.com/beware-relationship-triangle.htm">http://www.womenandrelationships.com/beware-relationship-triangle.htm</a>
Positive Comm'n	<a href="http://lifehacker.com/top-10-ways-to-improve-your-communication-skills-1590488550#">http://lifehacker.com/top-10-ways-to-improve-your-communication-skills-1590488550#</a>  <a href="http://www.wikihow.com/Develop-Good-Communication-Skills">http://www.wikihow.com/Develop-Good-Communication-Skills</a>
Positive Inter-Personal Skills	<a href="https://blog.udemy.com/list-of-interpersonal-skills/">https://blog.udemy.com/list-of-interpersonal-skills/</a>
Couples Comm'n	<a href="http://lifehacker.com/five-communication-mistakes-almost-every-couple-makes-1535461741">http://lifehacker.com/five-communication-mistakes-almost-every-couple-makes-1535461741</a>
RN Examples	<a href="http://www.americannursetoday.com/squashing-the-communication-triangle/">http://www.americannursetoday.com/squashing-the-communication-triangle/</a>
Quotes	"The most important thing in communication is hearing what isn't said." - <b>Peter Drucker</b>  "Speak when you are angry -- and you'll make the best speech you'll ever regret." - <b>Laurence Peters</b>  "The difference between the right word and the almost right word is the difference between lightning and a lightning bug." - <b>Mark Twain</b>



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