

# 7 Deadly M's

*7 ways we shut down authentic conversations.*

## 1. Minimize

We minimize a person's actions, responses or emotions. We say things like: "It's not that bad" or "At least you didn't...", or "I'm sure others have done worse."

**Good Intention:** We want to affirm them and make them feel better about themselves.

**Unintentional Message:** "You are over-reacting."

## 2. Monopolize

We take over the conversation with our story and stuff.

**Good Intention:** We want them to know that they are not alone, we understand and we have been there too.

**Unintentional Message:** "You're not important."

## 3. Manage

Coach them on presentation-**language, tone, perspective**

**Good intention:** We don't want to be party to gossip, vulgarity or sin.

**Unintentional Message:** "You're not acceptable."

## 4. Minister

Share Bible verses, offer Christian thoughts and perspective and pray over them.

**Good Intention:** We want to minister to them and give them hope and inspiration.

**Unintentional Message:** "I'm more spiritual than you."

## 5. Make Suggestions

Coaching them with ideas and options.

**Good intention:** We want to provide practical help.

**Unintentional Message:** "You haven't done enough or tried hard enough."

## 6. Make Assumptions

We become too quick with our empathy and perspectives.

**Good intention:** We want them to know that we care, "get it" and understand.

**Unintentional Message:** "I'm not listening."

## 7. Mute or Mumble

We get quiet and say nothing or mumble random things under our breath.

**Good intention:** We don't want to do harm or say the wrong thing.

**Unintentional Message:** "I'm uncomfortable with you."

### Small Group Questions:

1. Which Deadly "M" bothers you the most when it happens to you?
2. Which Deadly "M" was used on you the most when you were growing up?
3. Which Deadly "M" are you most likely to use on others?

**For the brave...** ask the room which Deadly "M" they see you using the most.



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Braving the Wilds of Authentic Community  
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