

Satir Communication Positions

Virginia Satir was a very effective family therapist. She used 5 communication styles to identify behavior. NLP (Bandler and Grinder) modeled Satir to better understand communication.

Satir Categories that cause conflict:

Blaming – Finding fault – Never Taking personal responsibility. The Blamer hides a feeling of alienation and loneliness behind a tough and complacent mask. Blamers are more likely to initiate conflict.

Placating - Out to please, non-assertive, never disagreeing, and always seeking approval. They avoid conflict. Their main concern is how other people perceive them.

Computing - Correct and proper but displaying no emotion. Masking feelings of vulnerability. Often appearing cold or unfeeling. A computing style can be full of emotions inside while appearing very calm and super-rational on the outside. They often use value judgments that imply everyone would agree.

Distracting - Distractors want attention to compensate for their feelings of loneliness or inadequacy. Rather than positive action - Distractors use a range of emotions from anger to guilt to either avoid an issue or manipulate how others feel. (Seems to be a combo platter of Blamer, computer and distractor.)

Satir Style for Resolving Conflict:

Leveling - Emotional balance relating to all kinds of people. Assertive. The goal of leveling is mutual problem solving. Words, voice tone, body movements and facial expressions all give the same message. The distinction of the leveler is real-time, congruent responses. Levelers:

1. Look for Solutions
2. Have a conscious positive intention behind everything they do
3. Hold strong positive beliefs about themselves and others
4. Operate from strong personal values
5. Store Positive mind images
6. Have flexibility of behavior when communicating with others
7. Establish rapport before trying to influence

According to Virginia Satir, the other responses are the result of negative internal feelings causing words and actions to be incongruent.