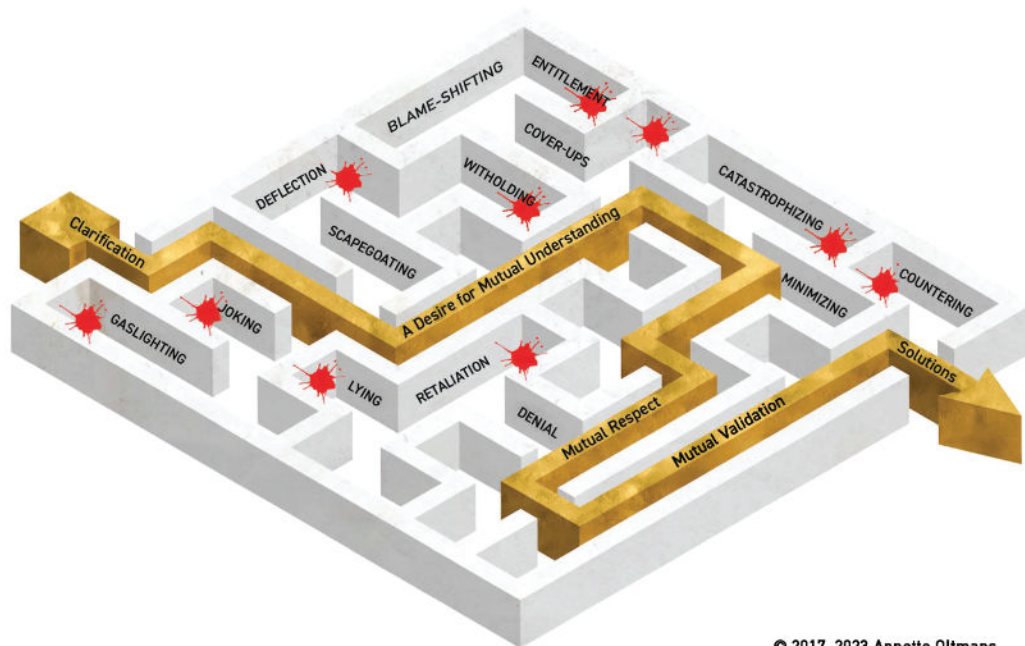


## Maze of Confusion



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The **Maze of Confusion** illustrates how destructive behaviors employed by one person block the other person's efforts for healthy conversation and conflict resolution. Every attempt for authentic communication becomes lost in the Maze of Confusion. Any one of the covert behaviors can be destructive to a relationship. If one or more of these behaviors are combined or repeated, the relationship becomes more toxic, confusing, and traumatizing for the one on the receiving end. This makes it difficult for them to feel seen or heard and impossible to have authentic conversations or move toward solutions.

A healthy conversation moves along the gold line where clarity and a desire for mutual understanding, respect, and validation are woven into the conversation. A healthy listener will demonstrate a curiosity to understand and respond in a manner that shows they care. When they don't understand, they will seek to learn. These responses create a safe environment for communication, allowing each person to process their differing perspectives in an open way.