

# The Six Faces of Dirty Communication

*“How to piss everyone off, while trying to be helpful and/or nice and/or safe.”*

[www.cleancommunicate.org](http://www.cleancommunicate.org)

## FACE 1

Any situation in which one person does something for another that one can do for themselves. These are usually **irregular** tasks. (being nice or romantic usually doesn't qualify, but sometimes it does)

- *I'll clear their dishes for them.*
- *I'll fold and hang their clothes in the room.*
- *I know they can't do it, or they don't know what I know, so I'll help them out.*

## FACE 2

Any situation in which one person does something that he or she does not want to do in relation to another. The other is unaware either of the dislike, or the degree to which it is disliked. This face is usually not verbalized.

- *Going to a specific restaurant, sporting event, play, dance, movie, activity, etc.*
- *Being physical in this way.*
- *Not comfortable with the way you relate to (friends, strangers, males, females, kids).*

## FACE 3

Any situation in which one person does something for another without that person asking for help. Usually, either one person resents doing the task or the other resents having it done for them. Neither task is ever fully and openly communicated. These are usually **regular**, recurring tasks.

- *You take care of the money side of things in relation to almost everything.*
- *I do the cooking.*
- *Giving unsolicited advice. One can ask another if they want it, and they may truthfully answer yes, but otherwise the giving of unsolicited advice is dirty communication number three.*

## FACE 4

People not asking for what they want for themselves because they are afraid of the other person's reaction or they don't think they can get it. This face is used as a defensive wall – painful to get around and touch them.

- *If I say that, they're going to get mad, sad, withdrawn, sarcastic, passive aggressive...*
- *I really want to ask for some... ADD REQUEST HERE... (perhaps an extra day off), but s/he won't agree to it so I'm just wasting my time starting a discussion for no reason.*

## FACE 5

People not being honest and telling someone what is bothering them or what they would like them to do differently. This face is also known as 'stewing' and 'bitching'.

- *I hate it when we do that. Everyone hates that. Why are we going to do that?*
- *They (s/he) are not willing to help out – they are being so stubborn, unhelpful, and just clueless! I don't need to explicitly discuss it with them, because I already know what they are doing and why.*
- *The administration said it has to be this way, we complained, they stood firm, and we're all still pissed off, but there is nothing we can do about it now.*

## FACE 6

Any joint activity in which one person puts in more effort or more interest than the other.

- *We were both going to clean up this area, and somehow I got stuck doing more of the work.*
- *We're both going on this trip together, but I'm the one doing most of the planning.*
- *I'm the enthusiastic one that pulls everyone together; I wish someone else would step up to the plate besides me.*