

Table 6 Typical Errors

- Ordering, directing, or commanding
- Warning, cautioning, or threatening
- Giving unsolicited suggestions or solutions (in most cases)
- Trying to persuade with logic, arguing or lecturing
- Telling people what they should do (moralizing)
- Disagreeing, judging, criticizing, or blaming
- Shaming, ridiculing, or labeling

Adapted for Miller and Rollnick in Sakauye KM: The Tool Kit for Spreading Eracism Like a Virus.