

Double-Bind Responses

- 1 Stay neutral or mildly positive.
- 2 Never argue, defend, or ignore.
- 3 Never respond directly.
- 4 Never use humor or sarcasm.
- 5 Never show vulnerability.
- 6 Stick to your script or lines.
- 7 Always dance your dance.
- 8 Distract with other issues.
- 9 Redirect to some controversy.
- 10 Speak distractedly or off-the-wall.
- 11 Baffle or snow with empty words.
- 12 Escape to an “emergency”.

Double Day Double Bind

R Bogdan



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