

# **ADVERSE ADVISORS**

## *In Empathic Listening*

### THE INTERROGATOR

This person bombards you with questions, fixating on the facts and details of the situation rather than the emotional or relational context. Their primary goal is to satisfy their own curiosity, often leaving the deeper feelings unacknowledged. They value information and tangible evidence over emotional nuance, focusing solely on gathering facts rather than understanding the full picture.

### THE GENERAL

The General takes charge immediately, issuing orders and giving directives as if they are responsible for fixing the problem. They focus on controlling the situation and driving towards an outcome, often assuming they know best without fully considering your needs or feelings. Their approach can feel commanding, leaving little room for you to process or express your emotions.

### THE ACCUSER

Quick to point fingers, The Accuser assigns blame and often uses guilt to convey their message. They focus on what you did wrong and emphasize personal fault, reinforcing feelings of shame or inadequacy. Rather than offering constructive support, their outlook is condemning, and they label you as the source of the problem, fostering a negative and judgmental environment.

### THE LABELER

This person quickly jumps to conclusions, simplifying complex problems by categorizing them with labels. They believe that by attaching a label, the issue is automatically solved. The Labeler tends to offer surface-level solutions and is quick to apply trendy or fashionable terms, reducing the depth and complexity of your experience to a one-size-fits-all fix.

## MEAL TRAIN QUEEN

The Meal Train Queen tries to alleviate emotional pain by offering food or comfort-based gestures, hoping to make difficult problems disappear through acts of kindness. Their focus is on avoiding unpleasant emotions or conversations, using hospitality as a distraction from the deeper issues at hand. While their intentions are good, their approach can gloss over the real pain you're experiencing.

## THE HISTORIAN (or STORYTELLER)

This person frequently shifts the focus to their own experiences, telling long-winded stories about similar events from their past. They often become trapped in nostalgia or their own memories, losing sight of the present moment and your current situation. Instead of staying engaged with your story, they use your experience as a springboard to relive their own, which can feel dismissive or self-centered.

## BUMPER STICKER BLASTER

The Bumper Sticker Blaster relies on overused clichés, offering trite, surface-level solutions to complex problems. Their advice often comes in the form of platitudes, proverbs, or one-liners that oversimplify the situation, leaning heavily into toxic positivity. Rather than acknowledging the depth of pain or struggle, they focus on quick, feel-good fixes, leaving little room for honest emotional expression or meaningful support. This approach can minimize real challenges and leave you feeling unheard.