



Satir Communication Categories

Virginia Satir (1916-1988) was renowned in her lifetime as one of the world's leading family therapists. In her work Satir was both aware of and made use of a number of communication categories, the Satir categories. These categories not only have an effect on the language we use, but also on the person we are communicating with, our external behaviour and our own internal emotional state.

Category	Posture/Physiology	Internal State
 <p>Blamer</p>	<p>Pointing finger, stiff gestures.</p> <p>Language full of generalisations.</p> <p>Communications between receiver and giver will invariably result in some form of conflict or disagreement despite the words that are actually used.</p>	<p>Not positive and rarely received positively.</p> <p>Internal state of giver may be lacking a positive self-concept or feelings of unsuccessfulness, but this may not be the way the posture is received.</p> <p>Predominantly aggressive rather than assertive.</p>
 <p>Leveller</p>	<p>Will use grounded positions and the body posture communicates being true to what they think.</p> <p>Hands start centrally palms pressing down at mid-body height.</p> <p>Has a calming effect on the Leveller and those who see it.</p> <p>Communicates honesty, accuracy and factualness.</p>	<p>Very powerful way to influence people as it sets up a very adult sort of person-to-person interaction.</p> <p>Good posture to adopt when stating facts that you want to be accepted as the truth or for reinforcing your position in a calm and positive way.</p>