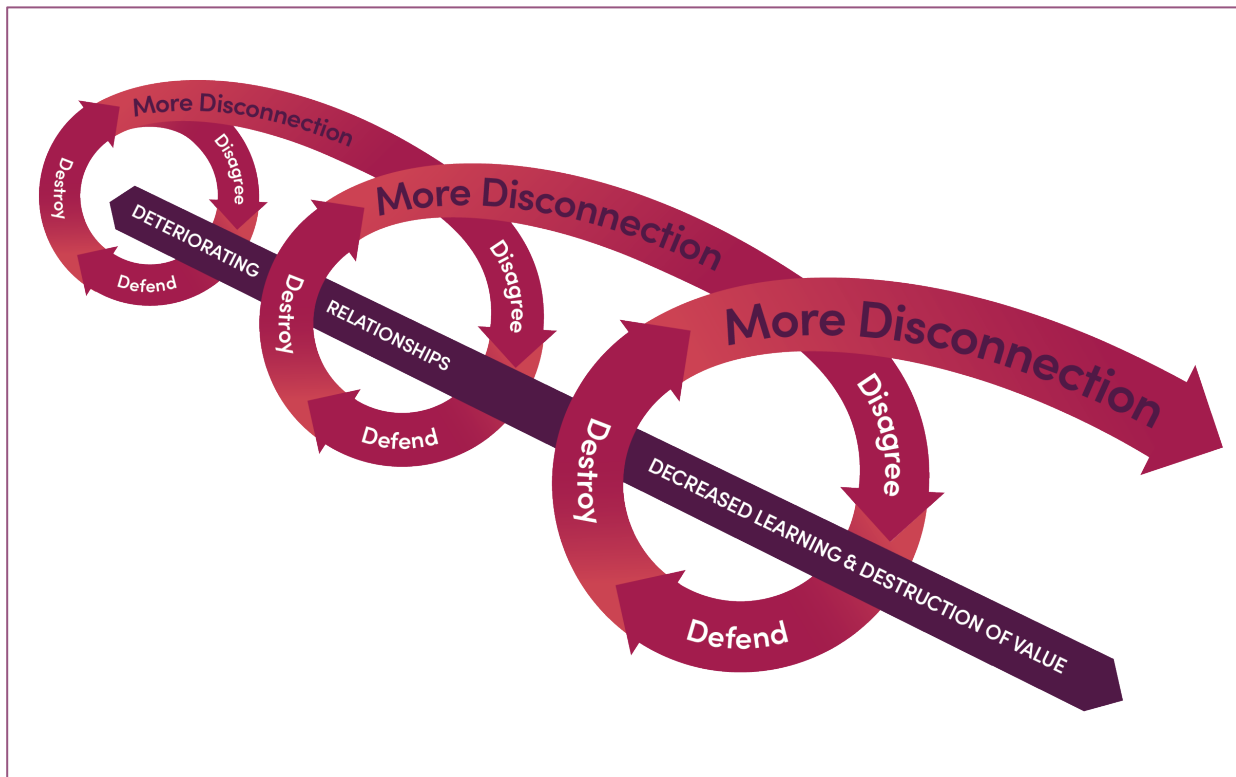


Cycle of Waste



Conversant. (2021). *Descending the cycle of waste*. Used with permission.

1. Disagree
 - a. What do you say when you disagree with someone?
 - b. How does it feel when others disagree with you?

2. Defend
 - a. What do you say when you defend your position?
 - b. How do people respond when you defend your position?

3. Destroy
 - a. What do you do when you are trying to destroy someone else's point?
 - b. How do others react when you argue with them?

Interprofessional Communication and Leadership in Healthcare

You can learn more about the Conversant models and their approach to communication principles through the following books available for purchase at [Conversant: Explore our Books:](#)

- *The Vitality Imperative*
- *The Communication Catalyst*

These books are not required for this course.