

Communication Busters

There are several ways communication can break down between the messenger and the receiver. The following are some ways that communication can become derailed.

- **Interrupting**

Jumping in to speak before the other person has had their chance to finish their thought? It is respectful to wait before beginning with your own thoughts.

- **Ignoring**

Listening is an active process. A good listener focuses their full attention on the other person.

- **Judging**

“The Campbells are made of money. They don’t care what happens to the smaller people.” People are complex and have many different sides. Labelling someone ignores all the other qualities an individual may have while focusing on a few.

- **Blaming** “It’s all your fault!”

Blamers are quick to say “It wasn’t my fault—it was yours!” To solve problems, it’s important to get away from the idea that somebody has to be blamed.

- **Stating opinion as fact** “That will never work!”

There is a difference between “That will never work” and “In my opinion, that won’t work.” The second statement allows for others to express a different opinion. The first invites silence, or an argument.

- **Insulting/Name Calling, Threatening**

“That roast was really dry. Can’t you cook it the way you are supposed to for a change.”
“Do you have to be such an idiot around my friends?”
“If something doesn’t get done soon, they’ll be sorry.”

- **Mind Games!**

Do you sometimes expect others to be able to read your mind?

Just like learning to drive a car, the act of communication is a skill that we learn and it requires practice and care.

