



WHY CAN'T WE JUST TALK?

As human beings, we are hardwired for communication. It is the way we connect to each other. It maintains our relationships, and it has the potential to make our lives and the lives of those around us better.

Through communication we are able to express ourselves and to understand others. By communicating authentically, we are able to heal.

Communication barriers prevent us from receiving and understanding the message others are trying to convey. **They can also block the information, ideas, and thoughts that we attempt to send. Two of the most common communication barriers are psychological and attitudinal.**

PSYCHOLOGICAL BARRIERS: how the psychological state of the receiver will influence how the message is received. (i.e. Personal worries, stress, anger, low self-esteem.)

ATTITUDINAL BARRIERS: behaviors or perceptions that prevent people from communicating effectively. (i.e. Personality conflicts, resistance to change, lack of motivation to change, opinions.)

What keeps you or has kept you from having deep, meaningful conversations?

1. _____
2. _____
3. _____
4. _____
5. _____

Now, looking at the list of communication barriers, what emotions arise?

Think of how you felt when you needed to talk to someone but couldn't.

Fear, shame, and guilt are the biggest barriers to effective, meaningful, and clear communication. They keep you from expressing yourself authentically. They breed toxic and dysfunctional communication patterns.

In order to start the journey of changing how you communicate with others, what are some things that you can commit to doing?

In other words, if you're going to overcome the barriers that prevent you from having deep, meaningful conversations, what are you going to have to do?

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |