



Friday Facts

June 10, 2022

Barriers to Effective Communication

How do you know if you aren't that great at communicating with others? Here are some good indicators that you need some help in that area:

- Interrupting often – Sure, we all do it sometimes. And that means we all know how irritating it is when it happens to us!
- Lack of eye contact – Can indicate deception, avoidance, distraction, lack of interest, anxiety, or insecurity.
- Negative or unengaged body language – Crossed arms, fidgeting, furrowed brows, scrunched-up face, slouching, etc.
- Easily distracted – Staring at your phone, sneaking peeks at the television, picking at your fingernails, or even multitasking. If you have a reason that you can't give your full attention right now, let that person know.
- Using technical language – Try to lay off the jargon and acronyms unless your convo partner is in the same field and knows exactly what you're talking about. Simplify. Remember who your audience is. (This also means not talking down to

people. I once asked a mechanic how long it would take to change out my car battery. He replied, "How long does it take you to pee?" I must have looked a little shocked/annoyed. He followed up with, "Sorry, I'm used to explaining things to my little girl.")

- Giving solutions or unsolicited advice – Unless they specifically ask you for your ideas on a solution, don't offer it. Maybe they just need someone to listen. Remember that you don't have to listen every time someone wants to come and vent to you. You can and should keep personal boundaries for your own mental health.

Once you start becoming more aware of how you act during a conversation, you can adjust here and there to make things more efficient and effective. For specific help when it comes to phone calls and texting, see next week's Friday Facts.

The Friday Facts are for informational purposes only. It does not diagnose problems or recommend specific treatment, and it's not a substitute for your doctor's care.

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