

Understanding Barriers To Effective Communication:



Physical Barriers:

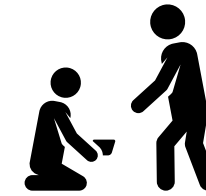
Physical barriers include time, environment, comfort and needs, and the mode of communication (i.e. telephone, letter, etc.).

For example, if you are in a hurry trying to catch the bus, you may not take the time to listen very well to those trying to communicate with you.



Cultural Barriers:

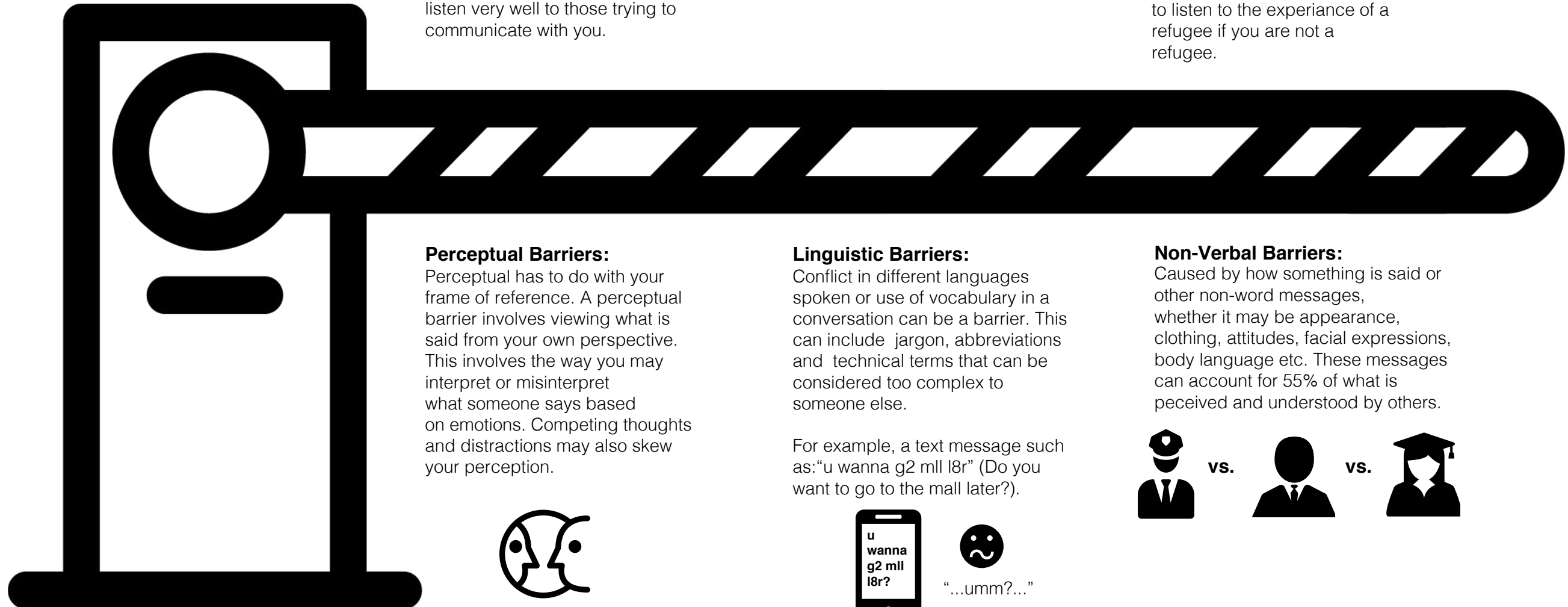
The ethnic, religious and social differences that may exist in trying to communicate. If you don't know much about the person's culture, this can be a cultural barrier as you may not know how to start or end the conversation.



Experiential Barriers:

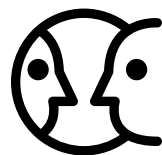
When you may not have the experience or are unable to relate to what someone is saying because of a lack in similar life experience.

For example, you may find yourself challenged to be able to listen to the experience of a refugee if you are not a refugee.



Perceptual Barriers:

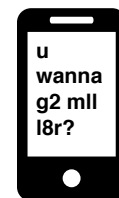
Perceptual has to do with your frame of reference. A perceptual barrier involves viewing what is said from your own perspective. This involves the way you may interpret or misinterpret what someone says based on emotions. Competing thoughts and distractions may also skew your perception.



Linguistic Barriers:

Conflict in different languages spoken or use of vocabulary in a conversation can be a barrier. This can include jargon, abbreviations and technical terms that can be considered too complex to someone else.

For example, a text message such as: "u wanna g2 mll l8r" (Do you want to go to the mall later?).



"...umm?..."

Non-Verbal Barriers:

Caused by how something is said or other non-word messages, whether it may be appearance, clothing, attitudes, facial expressions, body language etc. These messages can account for 55% of what is perceived and understood by others.



vs.



vs.

