



STEPFAMILY FOUNDATION *of* ALBERTA

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Communication Barriers

If it's a barrier for one, it's a barrier for both.

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Instructions—Part A: First, print out a copy of this document. [Click [here](#) for a printer friendly version.] Then, together with your partner, check off all of the items that each of you regard as barriers to your being able to communicate effectively. Use the spaces at the end of the list to add any additional barriers.

- Bad timing (e.g., tired, hungry, not fully awake, just home from work, etc.)
- Insufficient time to address the issue adequately
- Language use barriers (e.g., disrespectful, provocative, etc.)
- Failure to verify or re-verify the accuracy of information communicated
- Indirect communication
- Distractions
- Emotional overlay (e.g., anger, fear, etc.)
- Baggage (i.e., old issues implicated)
- Expectation of poor communication based upon a history of ineffective communication
- Gender differences
- Information omitted (e.g., half truths)
- In the company of others
- Failure to manage “nonverbals” (e.g., tone of voice, posture, gestures, eye rolling, etc.)
- Kitchen sinking (throwing in everything but the kitchen sink)
- Disorganized information (i.e., lack of clarity regarding what you wish to communicate)
- No regular time for addressing issues of concern
- Failure to set time limits on the discussion of an issue
- Failure to specify a time to return to an unfinished issue

Other

Other

Other

Other
