

This is “Peer Counseling Pause” with Reova Meredith

Roadblocks to Effective Communication

Sometimes people will create roadblocks to deeper, more intimate conversations. This inhibits the healing process. One can do this either intentionally (because they become uncomfortable with the topic) or unintentionally with a casual comment.

Some examples of roadblocks are:

Comparing: The listener takes in information to assess it in comparison to one’s self.

Rehearsing: The listener catches a little information and begins to prepare their own reply.

Identifying: Before the speaker can finish, the listener tells their own experience.

De-railing: The listener becomes bored or uncomfortable and changes the subject.

Arguing: The speaker seldom feels heard because the listener is quick to disagree.