

Communication Roadblocks

Most of us pay attention to the way we communicate in the workplace, but when is the last time you really took inventory of the way you communicate at home? Although home is the place where we should be relaxed and able just to be ourselves, it is also where those we love reside. Are you listening? Are you making yourself available to your family members?

When an issue arises in your family, do you:

1. Moralize or preach: “When I was your age, I”
2. Criticize, blame or judge: “How could you...”
3. Use sarcasm: “Well don’t you just think you know it all...”
4. Withdraw: Walk away and ignore the issue
5. Order or command: “Do it...”

Any of the behaviors above will insure that you will have little communication around the issue at hand. Although there may be times when you believe that this is exactly what you want, there are probably many times when you are missing wonderful opportunities to better understand one another.

If you want to reduce the number of roadblocks in your communication:

Call Mercy EAP at 319-398-6694 or 1-800-383-6694.