
Communication Barriers

Names _____

Either in a group of no more than four or individually, comes up with an example of each the communication barriers.

1. Judging – looking at surface facts and jumping to conclusion
Example –

2. Blaming – placing the responsibility on someone
Example –

3. Criticizing – putting someone down
Example –

4. Threatening – saying you will do something undesirable if you aren't satisfied with a situation
Example –

5. Name Calling – using unkind labels for individuals
Example –

6. Preaching – telling it how it is without opportunity for input
Example –

7. Ordering – firmly requesting an action
Example –

8. Shaming – making someone feel guilty
Example-

9. Psychoanalyzing – looking at a situation deeply from a mental stand point
Example –

10. Instructing – telling the person what to do
Example –

(According to Mental Health Today)