



# ROADBLOCKS TO COMMUNICATION

We sometimes spring to action when listening to someone's conflict. We naturally want to be of help. This natural sense of help can sometimes create roadblocks in communication. It is important to be mindful of when you may be putting up a roadblock in your communication.

An important element that will help you in the long run is simply and casually asking, "would you like me to provide answers to your issue or just hear you out at the moment?"

## ROADBLOCKS & EXAMPLES:



### **ORDERING**

You must...you have to...  
you will...



### **JUDGING**

You're bad...you're lazy...



### **THREATENING**

If you don't, then...  
you better...



### **EXCUSING**

You'll feel better...  
it's not so bad...



### **PREACHING**

It is your duty to...  
you should...



### **DIAGNOSING**

You're just trying to get  
attention...I know what  
you need...



### **LECTURING**

You're wrong because...  
do you realize...



### **PRYING**

Why?...What?...When?...  
How?...Why?...



### **PROVIDING ANSWERS**

What I would do is...it would be  
best for you to...