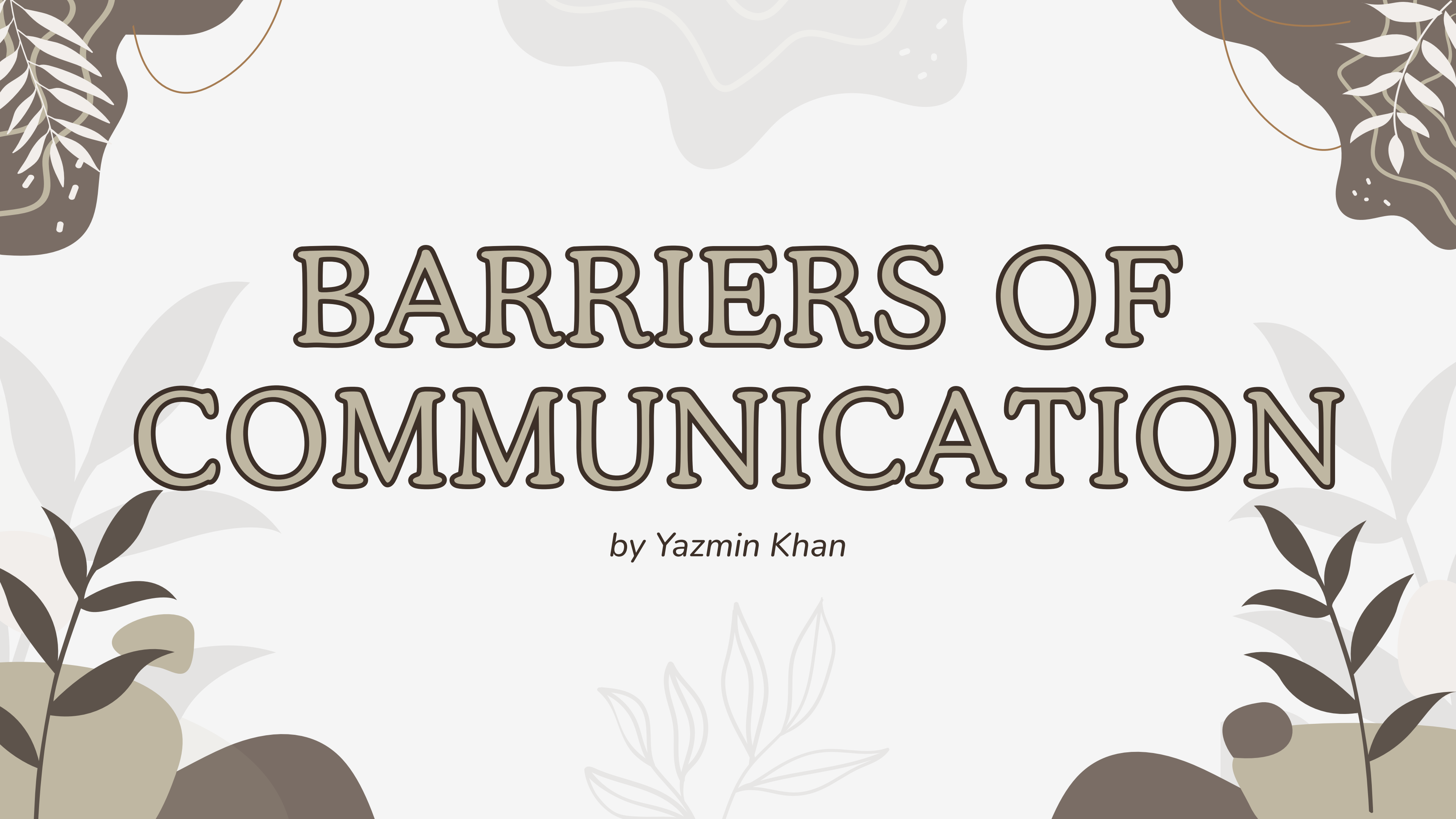
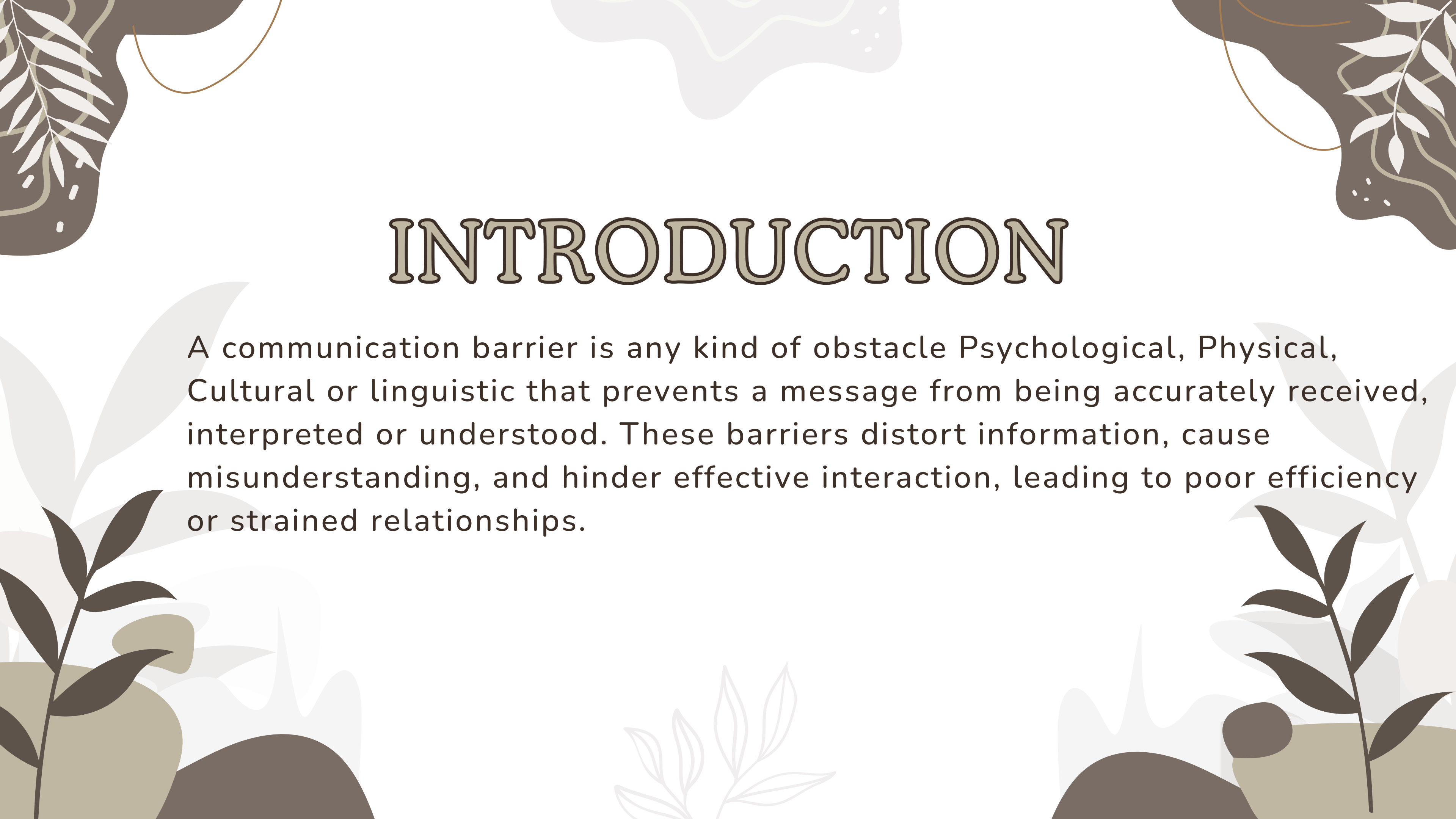




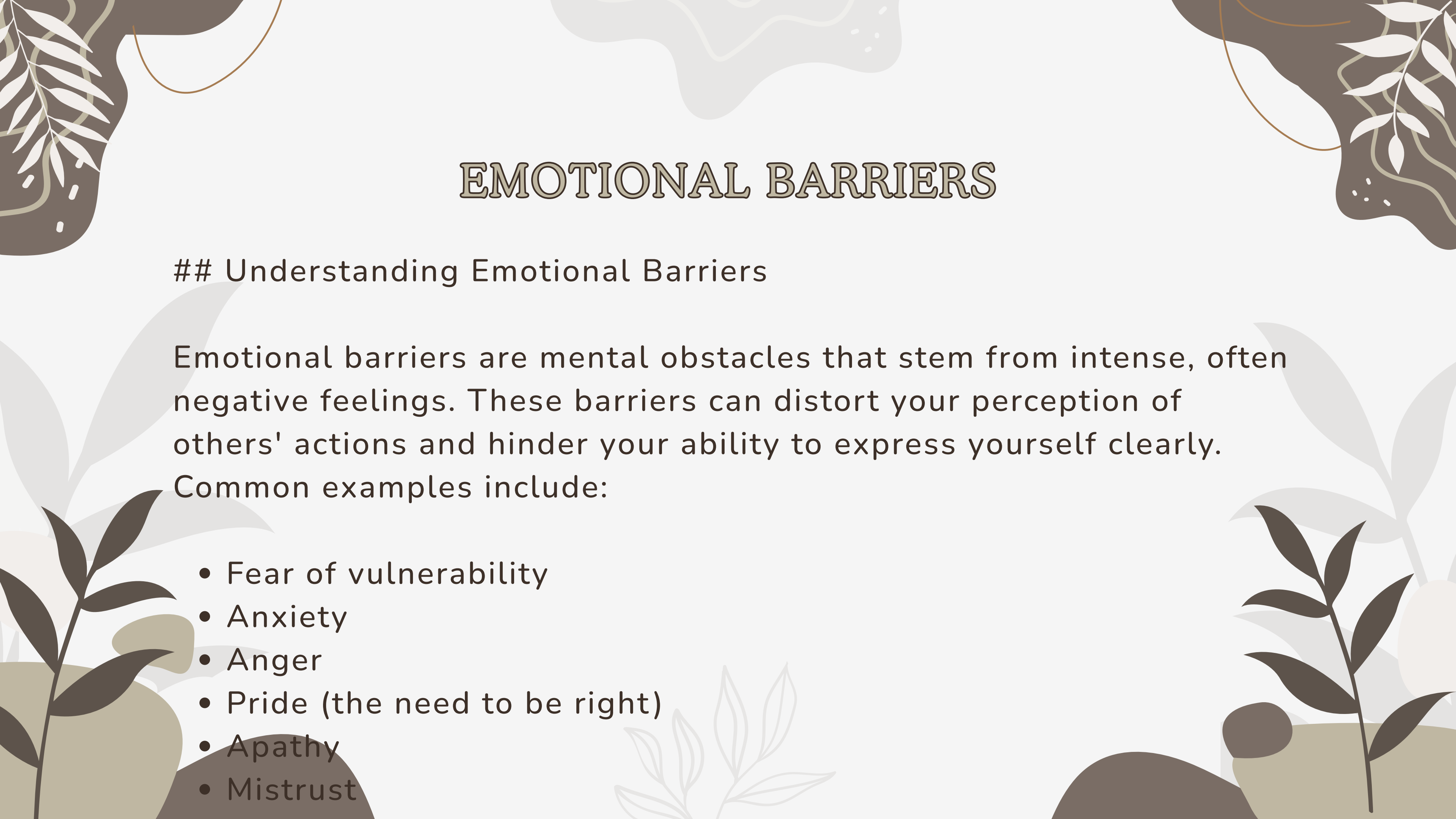
BARRIERS OF COMMUNICATION

by Yazmin Khan



INTRODUCTION

A communication barrier is any kind of obstacle Psychological, Physical, Cultural or linguistic that prevents a message from being accurately received, interpreted or understood. These barriers distort information, cause misunderstanding, and hinder effective interaction, leading to poor efficiency or strained relationships.



EMOTIONAL BARRIERS

Understanding Emotional Barriers

Emotional barriers are mental obstacles that stem from intense, often negative feelings. These barriers can distort your perception of others' actions and hinder your ability to express yourself clearly.

Common examples include:

- Fear of vulnerability
- Anxiety
- Anger
- Pride (the need to be right)
- Apathy
- Mistrust



HOW TO OVERCOME EMOTIONAL BARRIERS

Cultivating Emotional Awareness through Self-Journaling

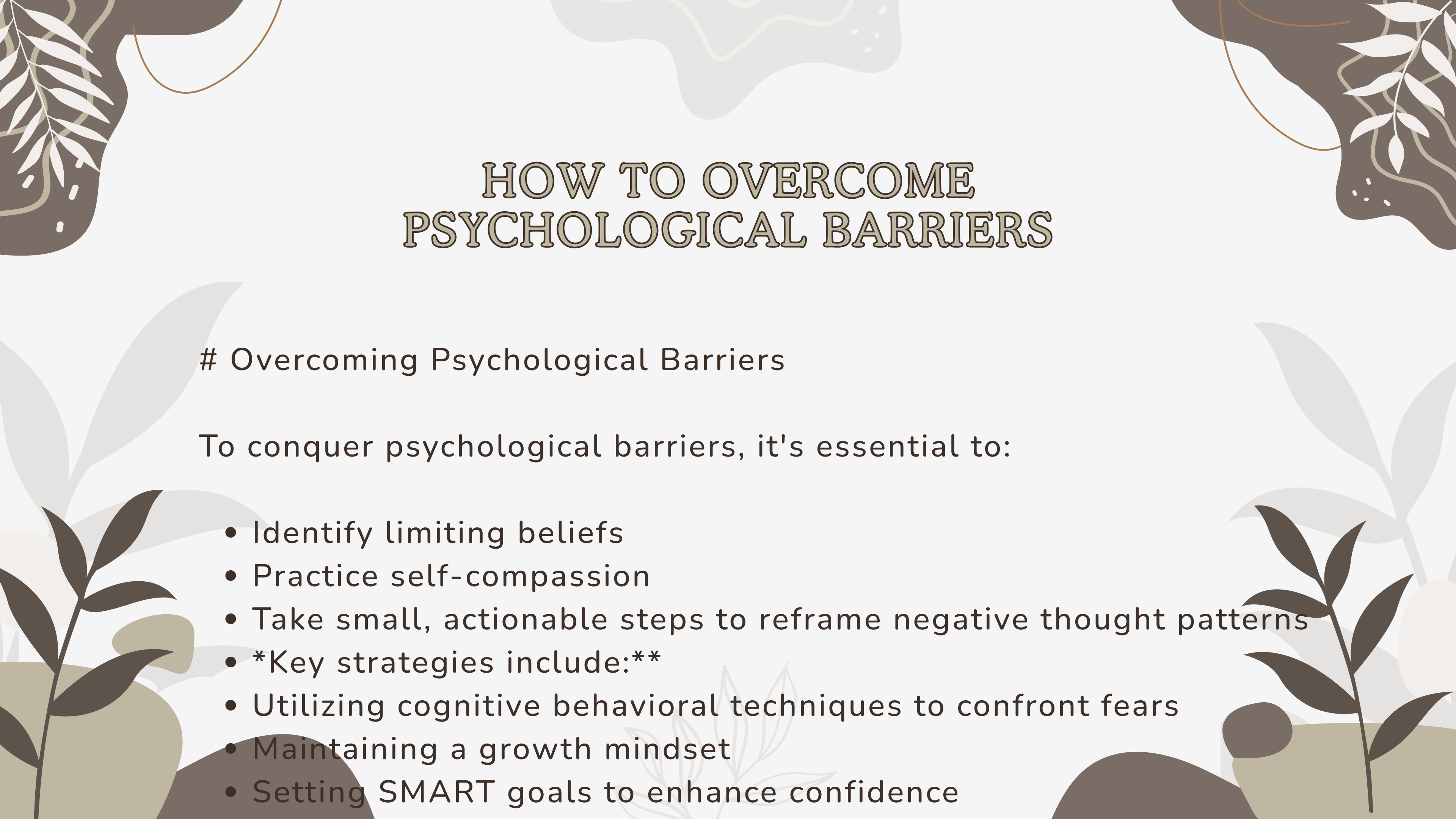
Take the time to explore and comprehend your feelings and the reasons behind them.

Identify the emotion you're experiencing (e.g., "I feel threatened"); this reaction often stems from anger and defensiveness.



PSYCHOLOGICAL BARRIERS

Psychological barriers stem from our mindset and beliefs, with common roots including rigid attitudes, anxiety, and distrust. Additionally, personal experiences related to hearing, speech, or health issues may necessitate accommodations or alternative approaches to effectively overcome these obstacles.

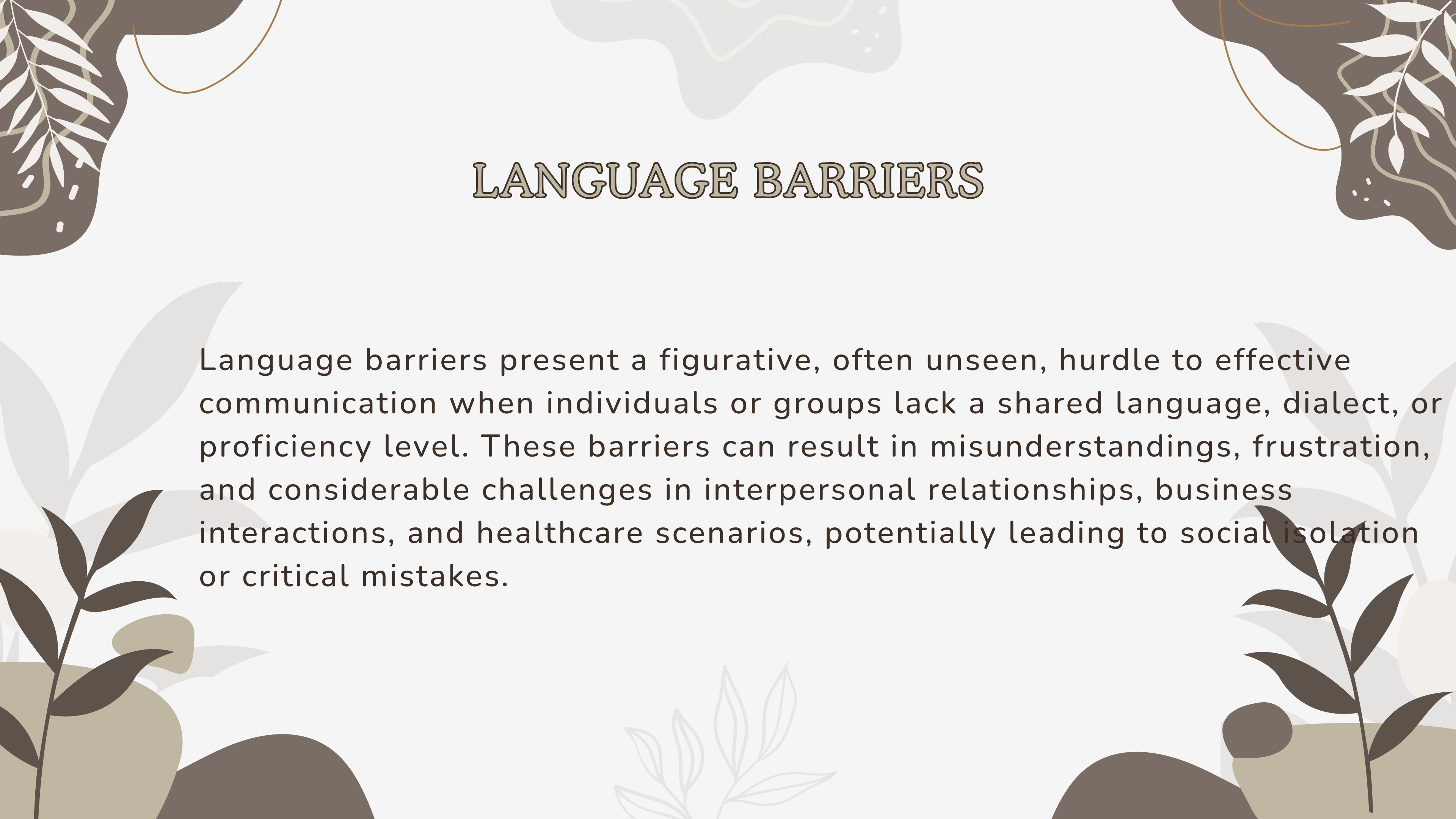


HOW TO OVERCOME PSYCHOLOGICAL BARRIERS

Overcoming Psychological Barriers

To conquer psychological barriers, it's essential to:

- Identify limiting beliefs
- Practice self-compassion
- Take small, actionable steps to reframe negative thought patterns
- *Key strategies include:**
 - Utilizing cognitive behavioral techniques to confront fears
 - Maintaining a growth mindset
 - Setting SMART goals to enhance confidence



LANGUAGE BARRIERS

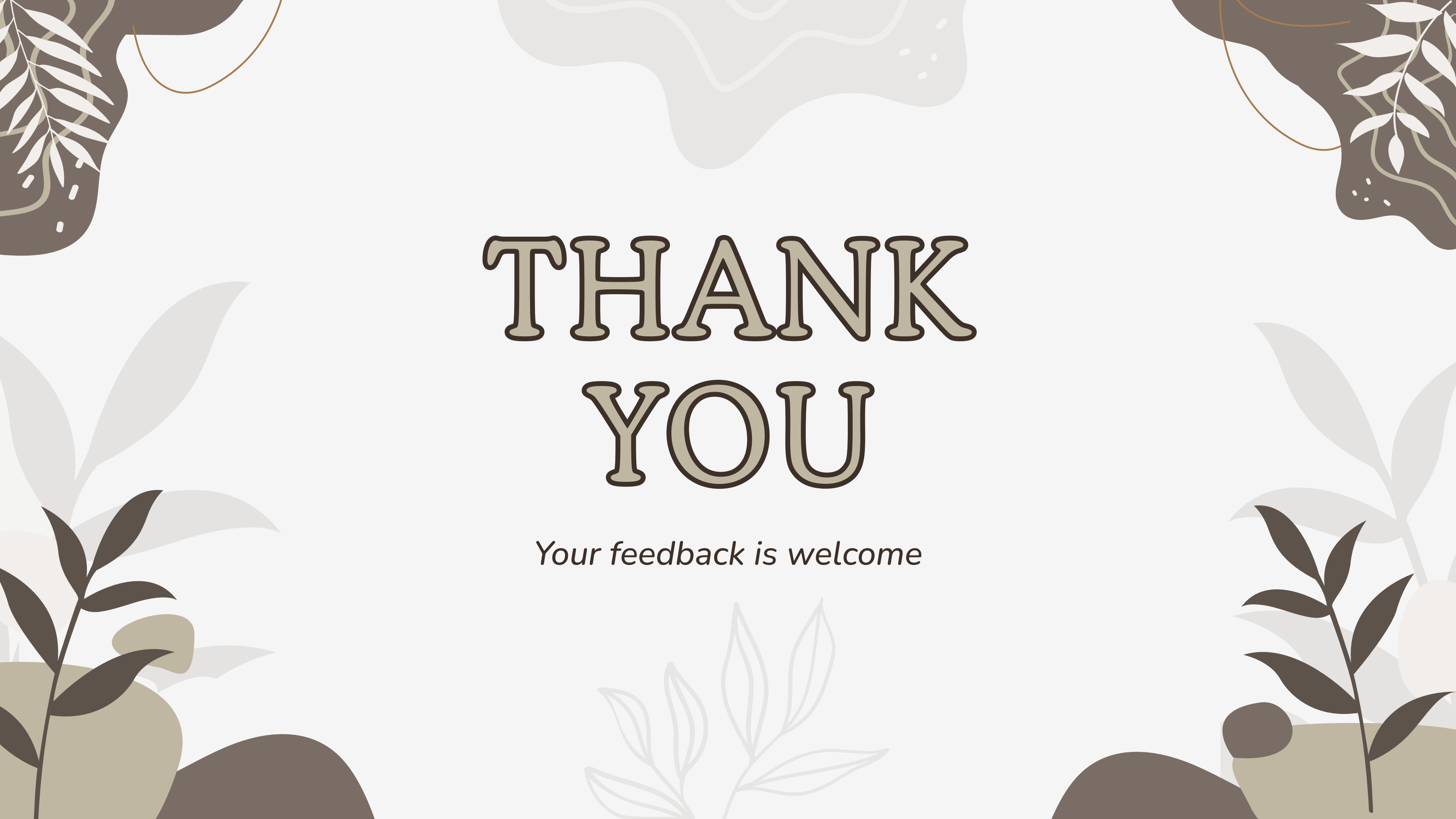
Language barriers present a figurative, often unseen, hurdle to effective communication when individuals or groups lack a shared language, dialect, or proficiency level. These barriers can result in misunderstandings, frustration, and considerable challenges in interpersonal relationships, business interactions, and healthcare scenarios, potentially leading to social isolation or critical mistakes.

HOW TO OVERCOME LANGUAGE BARRIERS

To navigate language barriers effectively, it's important to utilize clear communication, nonverbal cues, and technology. Key strategies include:

- Speaking slowly
- Avoiding idioms
- Using visual aids
- Utilizing translation apps like Google Translate
- Practicing active listening

Additionally, ****cultural awareness**** and ****patience**** are vital for fostering understanding, particularly in professional or unfamiliar environments.



THANK YOU

Your feedback is welcome