**The Top Barriers of Communication**

Most people would agree that communication between two individuals should be simple. It’s important to remember that there are differences between talking and communicating. When you communicate, you are successful in getting your point across to the person you’re talking to. When we talk, we tend to erect barriers that hinder our ability to communicate. There are seven of these types of barriers to effective communication.

## **1.Language Barriers**

1. **Language barriers** seem pretty self-inherent, but there are often hidden language barriers that we aren't always aware of. If you work in an industry that is heavy in **jargon or technical language**, care should be taken to avoid these words when speaking with someone from outside the industry. Without being patronizing, imagine explaining a situation in your industry to a child. How would you convey these concepts without relying on jargon? A clear, direct narrative is preferable to an incomprehensible slew of specialty terms.

## **Examples Of Language Barriers**

Examples of language barriers that prevent individuals from effective communication include:

* **Dialects -** While two people may technically speak the same language, dialectal differences can make communication between them difficult. Examples of dialectical language barriers exist worldwide. Chinese, for example, has a variety of dialects that are commonly spoken, including Cantonese and Mandarin.
* **Language Disabilities -** Language disabilities are physical impediments to language. Physical language disabilities that cause language barriers include stuttering, dysphonia or an articulation disorder and hearing loss.

2.Physical Barriers

**Physical barriers** are easy to spot - doors that are closed, walls that are erected, and distance between people all work against the goal of effective communication. While most agree that people need their own personal areas in the workplace, setting up an office to remove physical barriers is the first step towards opening communication.

3.Emotional Barriers

**Emotional barriers** can be tough to overcome, but are important to put aside to engage in conversations. We are often taught to fear the words coming out of our own mouths, as in the phrase "anything you say can and will be used against you." Overcoming this fear is difficult, but necessary. The trick is to have full confidence in what you are saying and your qualifications in saying it. People often pick up on insecurity. By believing in yourself and what you have to say, you will be able to communicate clearly without becoming overly involved in your emotions.

**Examples of Emotional Barriers**

Examples of emotional barriers that prevent individuals from effective communication include:

* **Anger** - Anger can affect the way your brain processes information given to you. For example, angry people have difficulty processing logical statements, limiting their ability to accept explanations and solutions offered by others
* **Pride -** The need to be right all the time will not only annoy others, it can shut down effective communication. For example, you might focus only on your perspective, or you might come up with ways to shoot down other people before you even listen to their points.
* **Anxiety -** Anxiety has a negative impact on the part of your brain that manages creativity and communication skills. For example, your constant worries can hinder your ability to concentrate on the information you are giving or receiving

## 4.Cultural Barriers​

**Cultural barriers** are a result of living in an ever shrinking world. Different cultures, whether they be a societal culture of a race or simply the work culture of a company, can hinder developed communication if two different cultures clash. In these cases, it is important to find a common ground to work from. In work situations, identifying a problem and coming up with a highly efficient way to solve it can quickly topple any cultural or institutional barriers. Quite simply, people like results.

s greater openness and frequently creates closer working bonds

**Examples of Cultural Barriers**

Examples of cultural barriers that prevent individuals from effective communication include:

* **Generational -** Each age group has a different general approach to work, which often leads to conflicts with older workers describing younger workers as "slackers," and younger workers criticizing older workers as being "out of touch."
* **Status and Resistance -** Workers who are accustomed to workplaces where seniority and status are emphasized may find it difficult to adapt to more fluid environments, where job titles are de-emphasized and production methods do not always follow a predetermined set of guidelines.

## **5.Gender Barriers**

* **Gender barriers** have become less of an issue in recent years, but there is still the possibility for a man to misconstrue the words of a woman, or vice versa.
* Even in a workplace where women and men share equal stature, knowledge and experience, differing communication styles may prevent them from working together effectively. Gender barriers can be inherent or may be related to gender stereotypes and the ways in which men and women are taught to behave as children.
* Although not all men or all women communicate the same way as the rest of their gender, several traits that tend to be more common in one gender or the other have been identified. Understanding these tendencies is key in creating a work environment that fosters open communication among all employees.

## **Examples Of Gender Barriers**

According to [Heather R. Huhman of Forbes](http://www.forbes.com/sites/work-in-progress/2012/05/30/how-to-be-a-part-of-the-male-conversations-at-work/#ref=guides.co), becoming aware of the following generalizations may help you more effectively communicate at work:

* Women talk about other people. Men talk about tangible things like business, sports, food and drinks.
* Women ask questions to gain an understanding. Men talk to give information rather than asking questions.
* Women are more likely to talk to other women when a problem or conflict arises. Men are often known for dealing with problems or issues internally
* Women focus on feelings, senses and meaning. They rely on their intuition to find answers. Men focus on facts, reason and logic. They find answers by analyzing and figuring things out.
* A disagreement between women affects many aspects of their relationship and may take a long time to resolve. Men can argue or disagree and then move on quickly from the conflict.

Please keep in mind that these are generalizations, and do not necessarily apply to every individual.

## **7.Perceptual Barriers**

**Perceptual barriers** are internal. If you go into a situation thinking that the person you are talking to isn't going to understand or be interested in what you have to say, you may end up subconsciously sabotaging your effort to make your point. You will employ language that is sarcastic, dismissive, or even obtuse, thereby alienating your conversational partner.

Think of movie scenarios in which someone yells clipped phrases at a person they believe is deaf. The person yelling ends up looking ridiculous while failing to communicate anything of substance.

* **Perceptual Filters -** We all have our own preferences, values, attitudes, origins and life experiences that act as "filters" on our experiences of people, events and information. Seeing things through the lens of our own unique life experiences or "conditioning" may lead to assumptions, stereotyping and misunderstandings of others whose experiences differ from our own.
* **Triggers and Cues -** What we say is affected by how we say it (tone, volume) and by our nonverbal cues, such as body language and facial gestures. For example, you may perceive a situation differently if the person you are speaking with is smiling or frowning, has body odour and is standing too close or is not giving you direct eye contact.

**Conclusion**

* Communication is not a one-way street. To have others open up to you, you must be open yourself. By overcoming the seven barriers to communication, you can ensure that the statement you are making is not just heard, but also understood, by the person you are speaking with. In this way, you can be confident that your point has been expressed.
* Thank you for reading "The Seven Barriers to Communication". If you found this Guide helpful. please take the time to submit a review.

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**1.** **Language barriers** seem pretty self-inherent, but there are often hidden language barriers that we aren’t always aware of. If you work in an industry that is heavy in jargon or technical language, care should be taken to avoid these words when speaking with someone from outside the industry. Without being patronizing, imagine explaining a situation in your industry to a child. How would you convey these concepts without relying on jargon? A clear, direct narrative is preferable to an incomprehensible slew of specialty terms.

**2. Physical barriers are easy to spot** – doors that are closed, walls that are erected, and the distance between people all work against the goal of effective communication. While most agree that people need their own personal areas in the workplace, setting up an office to remove physical barriers is the first step towards opening communication. Many professionals who work in industries that thrive on collaborative communication, such as architecture, purposefully design their workspaces around an “open office” plan. This layout eschews cubicles in favor of desks grouped around a central meeting space. While each individual has their own dedicated workspace, there are no visible barriers to prevent collaboration with their co-workers. This encourages greater openness and frequently creates closer working bonds.

**3.Gender barriers** have become less of an issue in recent years, but there is still the possibility for a man to misconstrue the words of a woman or vice versa. Men and women tend to form their thoughts differently, and this must be taken into account when communicating. This difference has to do with how the brain of each sex is formed during gestation. In general, men are better at spatial visualization and abstract concepts such as math, while women excel at language-based thinking and emotional identification. However, successful professionals in highly competitive fields tend to have similar thought processes regardless of their gender.

**3. Emotional barriers** can be tough to overcome but are important to put aside to engage in conversations. We are often taught to fear the words coming out of our own mouths, as in the phrase “anything you say can and will be used against you.” Overcoming this fear is difficult, but necessary. The trick is to have full confidence in what you are saying and your qualifications in saying it. People often pick up on insecurity. By believing in yourself and what you have to say, you will be able to communicate clearly without becoming overly involved in your emotions.

**4. Cultural barriers** are a result of living in an ever-shrinking world. Different cultures, whether they be a societal culture of a race or simply the work culture of a company, can hinder developed communication if two different cultures clash. In these cases, it is important to find a common ground to work from. In work situations, identifying a problem and coming up with a highly efficient way to solve it can quickly topple any cultural or institutional barriers. Quite simply, people like results.

**7. Perceptual barriers, in contrast, are internal**. If you go into a situation thinking that the person you are talking to isn’t going to understand or be interested in what you have to say, you may end up subconsciously sabotaging your effort to make your point. You will employ language that is sarcastic, dismissive, or even obtuse, thereby alienating your conversational partner. Think of movie scenarios in which someone yells clipped phrases at a person they believe is deaf. The person yelling ends up looking ridiculous while failing to communicate anything of substance.

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