



COMMUNICATIONS 101 – by Marney W. DeFoore, LCSW-S

What a great line, “Can you hear me now?” A common recurring theme in our work is helping people communicate more clearly. The word communication describes what happens as messages are sent and received between parties. What are you communicating, and are your messages being received clearly? What messages are you receiving, and are you certain they are those that were intended? In other words, is your communication clear?

Some say, "We need to communicate more." Can't get there from here. What is needed is more clarity in the communicating versus simply a greater amount of communication.

First, be clear on what you want to say. Next, decide how to best get your message across. Words can be easily misinterpreted. You might find a glance, smile, touch, card, or flower serves to more clearly communicate your intended message.

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