

Reading Lines: Communication Problems

Girl: A few minutes ago, that new girl came and stood by me. She was looking at my purse while I was searching for my keys.

Friend: What did she say to you?

Girl: She didn't say anything at first, then she said something about my beads.

Friend: I heard that is something she really likes to talk about. She collects beads from many different countries.

Girl: Maybe that's what she was looking at.

Friend: What did you say to her?

Girl: I just ignored her and kept looking for my keys. She made me nervous, so I frowned and she left."

Friend: She probably thought you didn't like her.

Girl: I wish I wouldn't have been so rude to her. But it was a really bad time to talk to me. I was stressed out about losing my keys.

Friend: She was probably trying to be friendly.

Girl: I think I'll talk to her later. This time, I'll listen and be polite. It might take extra effort to understand each other.

If you don't try to understand someone who has communication problems, it can cause:

- Anxiety
- Inflexible behaviors or rituals
- Not paying attention to others
- Acting rude
- Becoming less interested in people – May prefer things instead
- "Hanging back" and avoiding conversations
- Being unable to identify emotions
- Getting frustrated
- Staying silent