

Communication Worst Factors

Following are typical responses from workshop participants who are asked to identify circumstances when they are at their communication worst. Read and discuss with others. What trends do you see?

I am at my communication worst

<i>When I am . . .</i>	Ignored	Being interviewed
Tired	Uninvested	In trouble
Sick	Underinformed	
Bored	Put on the spot	<i>When . . .</i>
Eating	Being verbally attacked	No one is listening
Depressed	Stressed	I have a hostile listener
Disorganized	With strangers	I have an uninterested listener
Intimidated	Uninterested	I don't have enough time to think of an answer
Mad	Trying to communicate bad news	There are different agendas
Hungry	Not prepared	There are cultural differences
Unknowledgeable	Frustrated	The topic is provocative
Too hot or cold	Preoccupied	There's a language barrier
Confused	Nervous	I don't know what's going on
Impatient	Threatened	I don't feel understood
Being evaluated	Worried	I have to write
Hurried	Anxious	I don't care
With new people or situations	In pain	It's a bad time of day
Caught off guard	Uncomfortable with the topic	It's a confrontation
With a lot of people	Surprised	It's too noisy
Personally involved	In an unfamiliar setting	I have to "go"
Not objective	In a loud, chaotic environment	I just woke up
Overwhelmed	Not getting my point across	It's a rainy day
Forced	Not stimulated	I receive no responses
Emotionally attached to the outcome	In large groups	There is a misunderstanding
Questioned	Irritated	Everyone is talking
Pressured	"Hormonally challenged"	I have no voice
Interrupted	Oblivious to the situation	