**Communication Misconceptions**

It is just as important to understand what communication is *not*, as it is to understand what it is.

1. **Meanings are not in words.**The biggest mistake we make is believing that *saying something* is the same as *communicating it (*there is not guarantee that we will decode it the way it was intended.)
2. **More communication is not always better.**

Sometimes excessive communication is simply unproductive. Ie. Talking a problem to death! There are other times when talking too much can actually aggravate the problem; sometimes no communication is the best course. If two people are hurt and angry, the messages they send may not help and can lead to regret.

1. **No single person or event causes another’s reaction.**

Many factors play a role in how others will react. Ie. You lose your temper and say something to a friend that you regret. Your friend’s reaction will depend on a whole host of events besides your unjustified remark: her frame of mind at the moment (uptight or mellow), her personality (judgmental or forgiving), your relational history (supportive or hostile), and her knowledge of your life (your past; your present).

1. **Communication will not solve all problems.**

Sometimes clear communication is actually the *cause* of problems. Ie. You ask for a honest opinion on an outfit and might not like the answer.

1. **Communication is not a natural ability.**

Most people operate at a level of effectiveness much lower than their potential.