

Effective Communication Process

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From Darkness to Light: Your Inner Journey

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Communication—how to do it effectively is one of the most challenging skills we often fail to master as human beings. Briefly, communication is more than just talking to another person. Communicating effectively is four steps. First, a message is sent. Second, the message is received. This requires listening with understanding. Third, the receiver sends a response showing the sender was understood. Fourth, the receiver sends a message back to the original sender. It goes like this:

Step 1: Speaker 1 sends message

Step 2: Speaker 2 receives message and listens, then replies with understanding

Step 3: Speaker 1 sends message to speaker 2 to verify they heard message correctly.

Step 4: Speaker 2 responds to message sent by Speaker 1.

Here's a link to learn more about how effective your family is with communication.

<http://tinyurl.com/communication-quiz>