

## The importance of communication in human relationships:

Communication is key to every relationship. It helps us connect, share ideas, and solve issues together. When we communicate well, trust grows, but when we don't, misunderstandings can happen. In this lesson, you will explore the different ways we communicate, the challenges that can make communication harder, and tips for improving how we talk and listen to others.

### 1. What is communication?

Communication is the process of exchanging information, ideas, and emotions between individuals. It is essential for understanding, connection, and cooperation in human relationships.

#### Importance of communication:

- ✚ Build trust and understanding
- ✚ Resolves conflicts and misunderstandings
- ✚ Strengthens all sorts of relationships

### 2. Types of communication:



### 3. Barriers to effective communication:

Communication can break down due to:

- ❖ **Language differences:** not speaking the same language or using unclear words.
- ❖ **Emotional barriers:** stress, anger, or sadness affecting communication.
- ❖ **Distractions:** noise or lack of attention during a conversation.
- ❖ **Assumptions:** misunderstanding the other person's intentions or feelings.

### 4. How to improve communication:

- I. **Be clear and direct:** use simple and clear language.
- II. **Listen actively:** pay attention and respond appropriately.

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- III. **Control emotions:** stay calm during conversations, especially in conflicts.
- IV. **Use non-verbal cues:** show respect through body language and tone of voice.