

Effective and Mature Communication

All too often what we want to say gets lost in translation, even if we have the best intentions. We tend to say something in a certain manner, the other person takes it the wrong way, and before we know it...feelings are hurt, words are exchanged, and conflict arises. Here are some ways you can improve your communication skills that enable you to effectively communicate with others:

- Speak in person – not on electronic devices
 - Make eye contact with the person
- Be mindful of word choice and tone when speaking
- Give opportunity for others to express themselves
- Become an engaged listener – not only will you better understand what the person is saying but they will feel more understood
 - Be aware of individual differences
- Be willing to compromise to find a middle ground

Communication skills are key in developing and keeping friendships. Improving one's communication skills allows for more quality time with friends and less time in conflict.