

## **12 Signs You Are Not Communicating Effectively**

1. Your brother's eyes glaze over when you start complaining about your mother again.
2. You meet your friend for lunch at 1:30, but she has been waiting for you since 1:00 when she thought you were supposed to meet.
3. You have been rambling on and on to the customer service clerk, but you have yet to say how you want your problem fixed.
4. You keep reminding your wife about past arguments, but you have not said what is bothering you right now.
5. You explained to your co-worker what needs to be done today and she is looking completely confused.
6. Your sister seems surprised that you had bought tickets for both of you to go to the concert. She thought you had decided not to go.
7. You are angry at your husband and start yelling at him and calling him an idiot and useless.
8. You just keep repeating your question even though your daughter looks confused.
9. You stop your boss in the hall as she is rushing off to an important meeting to talk to her about your vacation.
10. You are explaining to your friend what you are upset about, but when she asks questions you keep saying, "You know what I mean".
11. Every time your sister tells you about how unhappy she is in her marriage, you tell her all about how miserable you are as well.
12. You start talking to your husband while he is still on the phone.