



## **Barriers to Effective Team Communication**

Barriers in team communication result from the inability of team members to distinguish the difference between various communication channels we use to speak, such as facts, individuals feelings, personal values, and opinions.

**Facts** A fact is something that has actually happened or that is really true without any emotional reference.

**Feelings** Feelings refer to any subjective reaction, pleasurable or unpleasurable, that a person may have to a situation, sometimes with the absence of reason.

**Values** Values refer to important personal ideals that make people behave the way they do.

**Opinions** Opinions are a set of beliefs not based on absolute certainty but on what seems true to one's own mind.