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Communication Problems and Solutions in Family and Social Relationships

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Abstract

Communication, which has a great share in all the developments that have taken place since the beginning of its history and is still taking place, can cause great problems when used unhealthy.

Our communication mistakes that we ignore, ignore, ignore or simplify in today's conditions affect us a lot by causing the relations to break down completely and even an increase in hostility.

Failure to meet the most basic expectations both in our family-marriage life and in our bilateral relationships, in our friend groups and in our other social environment creates some wounds. It may be inevitable that the wounds caused by communication errors are reflected in the language during communication. In fact, this reflection in communications can

lead to communicative failures, problems, showdowns and then some ruptures.

What are the basic communication problems in bilateral relations?

To find basic communication problems, let's focus on where the communication problem started and how it continues. Excitement is at its peak! Here's a tip: As we all know, our relationships often have a set of emotional responses that we expect. Is not it? Uh... or I can hear you say Yaaa Yeah. When we don't get these emotional responses that we expect from our partner or partner, there are two options; We either suppress our emotions or fight to get that answer. Our war to get what we want is expressed in communication; It can be reflected in a critical, responsible, accusatory, or even egocentric attitude. When an effort is made to identify the culprit and to show that he is right, two parties have already formed in the relationship automatically. However, love cannot be biased even if we want it. Two people who have decided to walk on the same road cannot be on different sides and separate fronts. This is where the beginning of miscommunication or unhealthy communication that can be dangerous for the relationship begins.

One of the basic rules of sustainable, healthy and ideal communication is to create a trust area. If our communication space is not secure, we immediately awaken a sense of alertness. This feeling prompts us to stay on the defensive or to deal with the feeling of not being understood.

Creating a safe space in the relationship starts with knowing that the other person is there willing to listen and understand us. If we want to have a healthy communication, we need to know that we will be understood and not judged during communication. Couples who provide this trust also need to show continuity in their communication in their relationships.

Where Are Technical Errors Done In Communication In Bilateral Relations?

The main mistakes made during communication can be listed as follows

Focusing on the past and continuously opening old books

Focusing on the past and constantly opening the old notebooks can bring about the repeated discussions of the problems that seem to be solved but not solved in fact. Thus, the couples put solving their actual problems to the second plan. As a result, this is nothing more than adding a new problem to the unresolved problems. Is not it? Just like I hear you say.

Being definitely, ignoring

There are a number of defensive mechanisms that each person uses specifically. To belittle, to ignore, to avoid and to ignore are a few of them. Evaluating the thoughts, feelings, and reactions in the face of any event, situation and attitude in relationships causes us to see the effect of the situation on our partner, and at the same time, we cannot provide the right communication and cause some communication accidents. Of course, there will be differences in thought, emotion and behavior patterns between partners, but empathizing will make it easier to understand and be understood, and it will show that the issue is not actually making a behavior, emotion or thought accepted by the other party, but only being listened to and understood by the partner in a healthy way.

Short and wall knitting

If you are offended or formally disrupt communication by building thick walls. Now you and your partner are dealing with an unsolved issue. In addition, you did not even leave a defense zone. What will we do in this situation? First of all, start by thinking about what this situation will give you. In this case, one or both sides may experience a feeling of guilt. Someone with a sense of guilt has a hard time realizing the full

potential of what they can do for the relationship. Let's always keep this in the back of our minds, do not forget that when people feel safe by nature, they can work more easily.

Judgment by generalization, to cruise

Judging or blaming by generalizing puts the person into despair. It even causes him to see himself as inadequate and always like that.

On the other hand, when we talk about judgment and accusation while communicating, we have to accept that the person in front of us will listen not to understand us but to defend himself. When we come across accusation and judgment sentences, we immediately activate our primitive brain. While this situation causes us to break away from rational thinking and come under the control of emotions, anger and anger begin to dominate people. Thus, the results we need to draw from the incident may vary. However, communication is essential not what I understand, but what I am told.

Reading the brain

Finally, we can talk about a behavior that we can describe as trying to read the brain or thinking instead of others, which is a big problem. He doesn't love me anymore so he acts like this, he's angry with me and doesn't talk to me because he wants to punish me etc. Our behavior of trying to know the other person's true thoughts about us without knowing it...

In fact, if we want a healthy communication in the relationship, we should say stop to these references that we frequently refer to in our daily life. If, despite everything, you are experiencing communication or adjustment problems in your relationships, you should definitely seek professional help individually or as a couple.

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