Barriers to Interpersonal Communication

Polarization

● What is Polarization?
  ○ Polarization is the tendency to look at the world and to describe it in terms of extremes.
  ▪ For example: After listening to evidence, I’m still not clear who the good guys are and who the bad guys are.
  ▪ College had better get me a good job. Otherwise, this has been a big waste of time.

● Why should I avoid Polarization?
  ○ Most people exist between the extremes of good and bad, healthy and sick, rich and poor. The problem arises when there is a strong tendency to view the extremes as ways to categorize people, objects, and events.
  ○ It also allows the availability of extreme terms to obscure the reality of what lies in between.

● How do I correct Polarization?
  ○ Correcting Polarization begins by recognizing that people, objects, or events fall on a spectrum and should not be categorized by “either-or”.
  ○ Recognizing that a vast middle ground can exists, and to include all possibilities.