



Ashly



- Normalize Support: Encourage team members to support those who appear isolated.
- Awareness: Educate teams on the severe impact of social exclusion.

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A lack of communication is the primary catalyst for the breakdown of relationships, teams, and productivity, leading to assumptions, resentment, and profound misunderstanding. When individuals stop communicating, they create their own narratives, fostering distance rather than resolution. It destroys trust in personal relationships and causes project failures in workplaces.

Key Aspects of Communication Breakdown:

- Assumptions Replace Facts: When communication fails, people stop seeking truth and start assuming, leading to misinformation and conflict.
- Resentment Grows: Unspoken frustrations, rather than overt conflicts, slowly dismantle intimacy and trust.
- Workplace Consequences: Poor communication causes missed deadlines, increased project failures, and decreased morale.
- The Silence Cycle: High stress and conflict can cause people to



Message

