

## Levels of Communication

People intuitively know there are different levels of communication related to purpose of the communication and the particular relationship with the person(s) to whom you are communicating.

### Five General Levels of Communication

From least intimate to most intimate

- 1) Cliché - Safe communication using common, banal phrases about ordinary topics: Trite greetings, talking about the weather, sports, etc. No actual personal sharing
- 2) Factual - Exchange of factual information without expression of ideas or feelings about it.
- 3) Ideas - Goes beyond the factual to express personal thoughts and ideas about the subject.  
Variable depth of ideas:
- 4) Emotions - An increase in vulnerability to express emotions about the subject matter.  
Positive emotions:  
Negative emotions:  
Anger:
- 5) Intimate - open vulnerability to sharing inner thoughts, desires and dreams.

Thought provoking questions:

What levels of communication are normal for the following settings:

In public shopping? At a sporting event? At a community social gathering? At church?

At a small Bible study? With close friends? With your spouse?

At what level do you usually communicate in the above situations?

When do you most often communicate at an idea level? An emotional level? An intimate level?

What conditions would be needed for you to communicate at an intimate level?

At what level do you communicate with God? When does that level reach intimacy?

With whom do you communicate most intimately? What enables that level of communication?

Is there more than one person with whom you communicate intimately? If not, what hinders that?

Deepening Levels of Communication

Why would someone only communicate at levels 1, 2 or 3?

What enables some people to quickly move to a level 4 communication?

What is necessary for level 5 communication? In general? In you?