



## THE BLUE FAMILY TREE

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Communication is the key to any relationship. This is obvious in some, like your marriage or your relationship with your children. Most arguments with the spouse boil down to a mis-communication when we jump to conclusions and do not properly communicate and assess the relevant facts of the situation. Your children cannot be expected to follow the rules precisely as you expect if they are not properly communicated. In this case, the communication needs to be very precise because teenagers are better than most lawyers at finding the loopholes in your wording.

because proper communication has proven to be so important in life, and specifically in police work, We have become experts at articulating facts and scribing reports for a variety of audiences from lawyers and juries, to insurance adjusters and news media, and many other countless audiences that evaluate and critique our daily tasks.

The number one cause of communication failure is stress. long-term stress has an isolating factor on the human psyche. We begin to believe we are the only ones suffering and our trust in others begins to dwindle, most of the time undeservedly. In today's climate, we are all feeling the stress of our career paths, and that stress is beginning to isolate us from each other. Once the isolation begins, your work efficiency and job satisfaction will soon begin to crumble.

Make a conscious effort during times such as these to extend greater patience with your co-workers. Find time to communicate effectively and work through small office conflicts without making them bigger than they need to be. The saying, "We are hardest on those we love." can be extended to our work family as well. If you have children, you have seen

great examples of this time and again. They hold it all together for their friends and teachers and then unload on their parents. It's not that they hate you. It's that they feel comfortable with you, but not for the biological relationship and unwavering commitment to them, these conflicts would likely lead to permanent and irreversible damage. Imagine if a casual friend treated you how your teenager does. You would end that relationship before sunset. But this is how we treat co-workers when we are under long-term stress and around each other for extended periods of time, shift after shift and week after week. Departments can experience officers so damaging their work relationships that they never return to a positive working environment and the effectiveness of the officers and the agency as whole suffers.

Don't jump to conclusions with regards to inner-office conflict. Politely sit and have a discussion as grown-ups so you both can move forward and work together in a positive manner. I promise you that most of the time, the only problem to begin with was a mis-communication.