

# Understanding Cross Cultural Communication & Boundaries



# Understanding Cross-Cultural Communication & Boundaries

In different cultures, agreement and boundaries don't always mean the same thing. Sometimes "yes" means *respect* or *avoiding conflict*, not full agreement. People may go along in the moment but feel uncomfortable later, which can come out as frustration or withdrawal.

This isn't about someone being wrong, it's often about **different communication styles, expectations, and ways of expressing emotions.**

---

## Quick Reflection Worksheet

### 1. What Happened?

- What boundary or decision was agreed on?
  - What reaction came afterward?
- 

### 2. Your Assumptions

- What did you think their "yes" meant?
  - How did you interpret their later reaction?
- 

### 3. Pause & Reframe

List 2–3 other possible explanations:

- -
-

#### **4. Cultural Lens**

- How do *you* express agreement or disagreement?
  - How might they express it differently?
- 

#### **5. Check the Communication**

- Did I invite honest disagreement?
  - Did I confirm their understanding?
- 

#### **6. Moving Forward**

- One thing I'll do differently next time:
  - One way I can reopen the conversation now:
- 

#### **Key Insight**

- What am I learning from this?