Why are the things we say sometimes hard to understand?

- Jargon
- Long words
- Unfamiliar vocabulary
- Flat intonation
- Complex sentences
- Long sentences
- No preparation given/no context
- Above audience’s heads
- Low interest level
- Not relevant to current situation
- No clues
- Lack of visual support
- Absence of shared language/framework
- Presentation (rate and intonation)
- External distractors (noise, interruptions, etc.)
- Internal factors (How you feel and what is on your mind)