3.3: Differences Between Verbal and Nonverbal Communication

There are four fundamental differences between verbal and nonverbal communication. The first difference between verbal and nonverbal communication is that we use a **single channel** (words) when we communicate verbally versus **multiple channels** when we communicate nonverbally. Try this exercise! Say your first and last name at the same time. You quickly find that this is an impossible task. Now, pat the top of your head with your right hand, wave with your left hand, smile, shrug your shoulders, and chew gum at the same time. While goofy and awkward, our ability to do this demonstrates how we use multiple nonverbal channels simultaneously to communicate.
In Chapter 2 we learned how difficult it can be to decode a sender’s single verbal message due to the arbitrary, abstract,
and ambiguous nature of language. But, think how much more difficult it is to decode the even more ambiguous and multiple nonverbal signals we take in like eye contact, facial expressions, body movements, clothing, personal artifacts, and tone of voice all at the same time. Despite this difficulty, Motley found that we learn to decode nonverbal communication as babies. Hall found that women are much better than men at accurately interpreting the many nonverbal cues we send and receive (Gore). How we interpret these nonverbal signals can also be influenced by our gender as the viewer.

A second difference between verbal and nonverbal communication is that verbal communication is **distinct** (linear) while nonverbal communication is **continuous** (in constant motion and relative to context). Distinct means that messages have a clear beginning and end, and are expressed in a linear fashion. We begin and end words and sentences in a
linear way to make it easier for others to follow and understand. If you pronounce the word “cat” you begin with the letter “C” and proceed to finish with “T.” Continuous means that messages are ongoing and work in relation to other nonverbal and verbal cues. Think about the difference between analog and digital clocks. The analog clock represents nonverbal communication in that we generate meaning by considering the relationship of the different arms to each other (context). Also, the clock’s arms are in continuous motion. We notice the speed of their movement, their position in the circle and to each other, and their relationship with the environment (is it day or night?).

Nonverbal communication is similar in that we evaluate nonverbal cues in relation to one another and consider the context of the situation. Suppose you see your friend in the distance. She approaches, waves, smiles, and says “hello.” To interpret the meaning of this, you focus on the wave, smile, tone of voice, her approaching movement, and the verbal message. You might also consider the time of day, if there is a pressing need to get to class, etc.

Figure (PageIndex(3)): What might this driver be trying to convey? (CC BY-SA; Spaynton via Wikipedia)

Now contrast this to a digital clock, which functions like verbal communication. Unlike an analog clock, a digital clock is not in constant motion. Instead, it replaces one number with another to display time (its message). A digital clock uses one distinct channel (numbers) in a linear fashion. When we use verbal communication, we do so like the digital clock. We say one word at a time, in a linear fashion, to express meaning.

A third difference between verbal and nonverbal communication is that we use verbal communication consciously while we generally use nonverbal communication unconsciously. Conscious communication means that we think about our verbal communication before we communicate. Unconscious communication means that we do not think about every nonverbal message we communicate. If you ever heard the statement as a child, “Think before you speak” you were being told a fundamental principle of verbal communication. Realistically, it’s nearly impossible not to think before we speak. When we speak, we do so consciously and intentionally. In contrast, when something funny happens, you probably do not think, “Okay, I’m going to smile and laugh right now.” Instead, you react unconsciously, displaying your emotions through these nonverbal behaviors. Nonverbal communication can occur as unconscious reactions to situations. We are not claiming that all nonverbal communication is unconscious. At times we certainly make conscious choices to use or withhold nonverbal communication to share meaning. Angry drivers use many conscious nonverbal expressions to communicate to other drivers! In a job interview you are making conscious decisions about your wardrobe, posture, and eye contact.

Case In Point

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Body language expert and author, Vanessa Van Edwards reveals some interesting facts about body language in western culture in an interview with AM Northwest Today on September 18, 2013. She explains that men are not as good at reading body language cues as women because they use different areas of their brain when decoding. She states, “women might be better at reading body language because … [they] have 14 to 16 active brain areas while evaluating others, whereas men only have 4 to 6 active.” Edwards also explains how men and women nonverbally lie differently because they tend to lie for different reasons; “Men lie to appear more powerful, interesting, and successful, … [whereas] women lie … more to protect others feelings.” To learn more about differences in female and male body language you can read the full article and watch the video.

A fourth difference between verbal and nonverbal communication is that some nonverbal communication is universal (Hall, Chia, and Wang; Tracy & Robins). Verbal communication is exclusive to the users of a particular language dialect, whereas some nonverbal communication is recognized across cultures. Although cultures most certainly have particular meanings and uses for nonverbal communication, there are universal nonverbal behaviors that almost everyone recognizes. For instance, people around the world recognize and use expressions such as smiles, frowns, and the pointing of a finger at an object. Note: Not all nonverbal gestures are universal! For example, if you travel to different regions of the world, find out what is appropriate! For example if you go to South Korea don’t offer payment with only one hand. For more examples CLICK HERE:

Let us sum up the ways in which nonverbal communication is unique:

• Nonverbal communication uses multiple channels simultaneously.
• Nonverbal communication is continuous.
• Nonverbal communication can be both conscious and unconscious.
• Certain nonverbal communication is universally understood.

Now that you have a definition of nonverbal communication, and can identify the primary differences between verbal and nonverbal communication, let’s examine what counts as nonverbal communication. In this next section, we show you eight types of nonverbal communication we use regularly: kinesics, haptics, appearance, proxemics, environment, chronemics, paralanguage, and silence.

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