

Family observation communication style book review examples

[Sociology](#), [Communication](#)



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Introduction

This is a case of a Chris' family. Chris has a wife named Ann and a son named Alan. They are an independent family living in New York. They live inside a two-story house. Each has their own separate rooms and they are able to communicate and talk with each other at least two to three times per day. Chris is currently 40 years old, Ann is 38 y/o and Alan is 12 y/o. This paper aims to examine the communication patterns present in Chris' family and check their use of body language, other communication skills, if they are using negative communication styles and other factors that may affect their communication. According to Coughlin & Scott (2008), communication patterns refer to the repeated styles of interactions and behaviors that could be observed in a family. The process of observing a family's communication patterns is important because these patterns usually vary from one family to another and it is vital that professionals from specializing in communication know about the process of differentiating those patterns.

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Use of Body Language

Upon observing the way how Chris talks to his family and vice versa, it was noted that they really make use of their body whenever they communicate. Their use of body language inside the house is very prominent. Specific examples of body language commonly used by Chris and his family include the shrugging of shoulders, winking of the eyes, hugging and eye rolling. Spontaneous eye contact could also be observed whenever Chris talks to his wife and vice versa. These body languages could of course be used in different situations and to mean different things. The act of shrugging the shoulder may be used as a response to a question. It is usually used to tell the person who is asking " I do not know" or " I have no idea". The shrugging of the shoulders is usually exhibited by Alan and the spontaneous eye contact is usually observed done by Chris and his wife whenever they talk. This was the case for Chris' family. It is important to note however that body language usage may vary from family to family.

Communication Skills

Chris' family is not fully aware about the types of communication skills they exhibit inside their house and perhaps even outside. The good thing about Chris' family is the fact that they are able to communicate at least two to three times a day. They usually talk for a couple of minutes after every meal, giving each other updates about the events that happened the past day or even the past week. This is a focused type of interaction because they are basically aware that they are encountering a conversation between other two other people. For example, Alan is aware that after every meal, they are

to talk to each other because it has already been a routine in their family. Another type of communication that was demonstrated by Chris' family was interpersonal communication skills. Interpersonal communication skill is present when there is a direct and usually a face to face type of communication between two or more persons. It could be a dialogue between two persons or a group conversation. In an instance of interpersonal communication, the participants are more likely to have more freedom to express their thoughts and feelings and do gestures. This type of communication skill also permits full interaction between the participants (Tower, 2012). This was seen whenever Ann (Chris' wife) talks to Chris and Alan. Perhaps as a mother, she wants her son and husband to understand clearly whatever she says.

Negative Communication Style

There were no clear evidences whether Chris and his family members exhibit negative communication styles. However, it was noted that they sometimes shout at each other whenever things start to become complicated and chaotic. This type of negative communication style is called bossing. Talking angrily is usually a manifestation of a bossing type of negative communication style. As a result, people around the one committing such communication style may respond with behaviors such as rebellion, hostility and distrust. Distancing may also be a result of this communication style because others will perceive the one who is bossing as someone who is to be feared or avoided. Distancing is another type of negative communication style which in Chris' family's case was manifested by the ignorance of the

feelings of other people. Alan, whenever he talks to his mother sometimes does this. As a result, her mother usually becomes disappointed and dehumanized because of her son's behavior. Considering Alan's age, it is not normal that he exhibits such behavior.

Dominant Communicator

So far, the one dominant communicator in the family was of course Chris. There will of course be cases wherein the mother will be the one who will be the dominant communicator but in Chris' family's case, he is usually the one who demonstrates the trait of a dominant communicator. He cannot skip a day without communicating to his wife and son. Moreover, Chris is an assertive type of dominant communicator. He demonstrates confidence and self-respect whenever he talks to anybody (Peterson, 2011).

References

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