

# Interpersonal communication reflective paper



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Our ability to communicate well with others is important to personal and professional success. The interpersonal communications course is planned to help us in being familiar with the system of effective, and to assess our own interpersonal ability to sharpen our critical understanding of the communication, also to improve the interpersonal skills. Mainly assess our interpersonal skills and to put in goals for improving our communications ability. To development of self-concept and identity are examined as basics for understanding personal communication. We explore our own communication behaviors and to identify areas of personal strengths and weaknesses. Interpersonal communication is differs from other types of communication.

There is barely any participant involved, the interacting are in close physical proximity to each other. My report will reflect on what we have learned so far and how I am able to identify my strength and weaknesses. Interpersonal communication is ways that relationships are created, maintained, and changed. Relationships between people, usually in face-to-face or private settings dealing with issue of interpersonal communication we must realize that people view it differently. It helps us to understand why people behave, communicate different ways to construct and negotiate a social reality. Communication may contain the aspects of listening, persuading, asserting and nonverbal communication.

Self Perception Is the awareness of the characteristics that constitute one's self; self-knowledge. The way that I perceived myself is a strong, independent woman who overcame a lot at a young age. Who will never lets her guard down, and I'm afraid to even let my hair down just for a second to

enjoy life itself. I'm tiring to play catch up in my life thru my kids. Like for example what I went thru I'm making sure they don't. I giving them everything I didn't have any more.

When I love I love so hard that sometime it runs others off. I don't know how to let by gone be by gone I hold on to them. My needs and wants come last to my kids. The word fun does mean a thing to me unless my kids or happy what makes them happy makes me happy. With me being so tuff it makes it hard for a man to try and love me because I'm use to doing it all by myself it's hard to let someone in.

Communication Goals It is improving skills in face-to-face communication. It's to help us think about how we communicate with others in face-to-face situations. I don't think people truly know how important it is to know how to communication is to our everyday life. With the help of this class I'm willing to improve me and the way I communicate to family, friends and other.

Do you know how many times I tried to communicate with others and they took it the wrong was because of the way I said it or the way I looked at them. You would never think that your word and body language is ways that people judge you as a person. The way I communicate with others has a lot to do with the thing I went thru in my life. I'm the type of person who doesn't think before talking. I could care less how others feel or see me.

People always judge me before they truly get to know me and it is all because of the way I choose to communicate with them. Out of this class I'm hoping to improve the way I be interaction with other. The way I can help improve my communication skills is to always think about it before saying it

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and work on my body expression. My barrier is to be more consideration to other feeling too as we as mine. Sometime it takes going thru thing to help us take a good look inside our self to improve one.

Perception and Self Concept Are ways dimensional create that refers to an individual's perception of " self" in relation to some number of characteristics. The way that I developed my self-concept was by my surroundings. As I was growing up I watch my mother cry many nights about how she was going to pay bills and take care of us. After seen how my mother struggle to take care of us, I said to myself whenever I have kids I would never struggle like that and that my kids would always come first.

When I was sixteen I had my first child and then turn around at seventeen and had another one. Soon after having my second child I got a place of my own and met a guy who was good to us but also was abusive in every way. While going through an abusive relationship my two boys were taken from me and placed in foster care. At that point I knew that enough was enough and it was time for a change. A change that makes me wiser but stronger and more independent on my own.

So as of today it takes a lot for me to trust and love another man. As of now my self - concept is all about me and my family needs and wants. I let nothing stand in my way. I have a good job for myself and currently going to school and depend on no one but myself and the grace of God. So believe me when I say God is good. I just have to keep the faith no matter what comes your way. We had to write a paragraph summarizing a situation in which you had a misunderstanding with someone. Speculate on the cause of

this misunderstanding. For example, was it due to differences in interpretation of the denotative meaning of a particular word? Was it caused by the emotional impact of a word's connotation?

Or, was the misunderstanding the result of a language barrier or another language issue? With this discussion do I had the perfect situation to use as an example. The situation I had decided to use happen about two years ago when my nephew had drowned, and me and one of the police officers that was on the scene had got in a big misunderstanding to where charges were pressed. After I found out that everything was in the clear with my nephew and I was calm I went back and talked to the officer and told him what was running through my mind at that time. The officer had forgave me and decided to drop the charges. Could this situation have had a better outcome? I personally don't think so, because in situations like that people aren't thinking clearly, and when I say people I mean the victim and police officers.

That's why I took the appropriate step and apologized to the officer once I was calm. After I had posted my discussion I got two responses that where great. One stating, " I would have probably done the same thing because it is hard to control your emotions when you think someone in your family could be hurt. I am glad you explained your situation and dropped the charges because he probably understood where you were coming from. I am also glad to hear everything was ok and everyone was safe."

Another example is my situation, my boyfriend and I were just getting back together and he had a child with another woman while we were a part, I felt like that was fine. The Child mother didn't like that we got back together at

all; she felt that he owed her something. She begins to complain about everything even down to the amount of child support. But my boyfriend was buying the child thing that she said he needed or wanted. He would get him every other week. When my boyfriend begins to get frustrated with this situation, it would affect our home, to where our kids would be lack the time with their father and it would really upset me. One day my little girl came to me and said " does daddy love his other child more", I was so stunned at what my 3 year old asked me, it brought tears to my eyes that I her daddy should hear this himself because it wouldn't matter what I said it all depended on what daddy had to say.

When he came back home from dropping his little boy off as usual he came home upset, because he just had an argument with his son mom about something crazy . After dinner I brought my little girl in front of him and told her to tell her daddy. She said the exact words to him that she said to me earlier. He did not know what to say, but I had to walk out before I became a bucket of tears. After that he came into the bedroom where I was and begins to ask me questions, and when I thought about some of the discussions we had in class I decided to just kept my cool and answer his questions truthfully.

When I really wanted to just yell and tell him off, how neglected I felt and how my little girl felt, but all I did was try to put myself in his shoes and think about it from both sides. When we talked the situation was so much better it was like a load was lifted off my back. The baby mother is still bitter about us but we don't let it affect our home anymore. We have kids so I hope she comes around and begin to see the bigger picture because it's very childish

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what she is doing. When my boyfriend come home upset we talks about it and try to figure out ways not to keep going thru all this with her. He makes time for our little girl more; she really enjoys spending time with her daddy it really does my heart good to see her smile.

When I look back at this situation, it really shows how calm I was. I really wanted my relationship to work but I also saw my barriers, so what was I to do. I had patience I allowed the situation to prolong until I felt that something had to be said. After that discussion I know that my time in this class was going to be astonishing. I loved how after a discussion was due we had to respond to at least two of our class mates. For the reason that we were able post how we felt about the situation. Plus we were able to get good advice from not only our class mates but our instructor as well. Preparing for an Interview

Three methods I will utilize when preparing for an interview are find out the job expectations, get knowledge of the organization and strengths and weaknesses. I want to know what the employer expects, so that in the interview I can make sure that questions asked about the job can be properly answered. I want to also ensure that I am compatible with the job. I want to make sure that I can complete the job expectations. Knowledge of the organization is very helpful, to know about the compensation packages, training program etc., helps the interviewer make their decision. This information has always helped me when the employer has asked “ What do you know about our company?” Strengths and weaknesses all employers would like to know this.

They want to know what your strongest skill is and what your weakest skill is. I struggle with this question; I do not have many weaknesses and have a lot of strengths. This question always makes me nervous so I always stumble over my answer. We need to know what skills we would bring to a job. It's important to realize how your skills fit with those of the organization. The more we can research a company/corporation, the better off you will be. Dressing is a key nonverbal and it sends a message about our character. Our style also shows that we do or don't care and that is what employers are looking at in future employee.

### Conclusion

This class has really changed me and the way I communicate with other on a personal or professional level. We all have our good days and we have our bad days. The bad days have gotten a little better, because instead of us physically fighting we just argue, and tend to disagree which to me is a good thing because the next day I know I can go back to my mom's house and forgive my sister knowing that she will too forgive me. I am thankful to have taken this class, because I have learned so much. If anyone was to ask me about this class, and how it helped me in the future. I will tell them it prepares you for real life situations. Such as your communication skills, one of our weekly discussions was on our verbal communication, then we had another on communication climate. From this class people can get helpful advice from their classmates and the instructor. I would tell them to take this class; you have nothing to lose, but a lot to gain.



In general we understanding the roles in which communication plays in our life, both personally and professionally, can have a huge effect on the way in which we resolves conflict. It also ensures that people can communicate their opinions and ideas in an effective way. Communication is everywhere and it is impossible to ignore. Because of this, I believe it is crucial to understand communication in terms of personals relationships. Throughout the five weeks I've been in class the number one discussion I enjoyed doing was weak five both discussions. Which were on conducting and preparing for an interview? I enjoyed this discussion because I found things that I can avoid doing or do to help me better chance me for a job.

For example; researching the company and being able to state some of the research back to the employer can help you gain big points at an interview. Also being able to have questions for the interviewer will also bring in big points. Researching and asking questions were two things that I didn't know where good to do. This will help me with future interviews.