

Essay summary of interpersonal communication

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



Interpersonal communication involves the relationship between two people and how they communicate with one another. There are many different types of relationships that people have with others. Each different type of relationship requires different types of communication. Not every relationship is the same and the way people communicate with one another is a very important aspect of how the relationship works. Interpersonal communication is impacted by emotions and at times these emotions can cause obstacles within relationships.

Another important aspect of a relationship is one's cultural beliefs. Every culture is different and this means adjusting your relationship accordingly. Emotions play a very important role when discussing interpersonal communication within a relationship. There are circumstances that can result in a variety of mixed feelings between people and unless clearly understood can cause problems in many cases. According to DeVito (2009), "Theorists do not agree over whether you can choose the emotions you feel. Some argue that you can; others argue that you cannot.

You are, however, in control of the ways in which you express your emotions" (p. 165) Emotions are the way a person is feeling and sometimes reacting to what you are being told can be seen in nonverbal methods as well. The way you hold yourself, your posture, whether you are maintaining eye contact, if you blush, crying, laughing, there are so many different ways that one needs to be mindful when reacting to what is being said. It is important as a therapist to maintain healthy relationships with clients and not let emotions that we may be feeling be shown if they are not appropriate.

A therapist may feel bad over something a client tells them but they must control their emotions and show empathy but not let a client feel that they are too personally involved as this may cause conflict. There is a fine line that therapist must follow to make sure that their relationships with clients stay professional. If they allow their relationships to become too personal this could actually harm the progress of the client. Non-verbal expression is just as important when working with clients.

The way one shows their emotions is obvious to many people. If one acts bored a client may feel they are not being heard. Some people suffer from dyssemia which is the inability to read non-verbal messages or even how to send them. This affliction can cause issues and therapists need to be aware of this condition as well. There are three obstacles that can possibly effect emotional communication. Societal and cultural customs, our society teaches us what is and is not appropriate to express emotionally.

Fear, when you express emotions, you are putting yourself in a position of vulnerability, so it can be natural to fear how people will react to your expressions(Forbes, 2012). Inadequate interpersonal skills the lack of interpersonal skills can make it difficult to be able to express one's feelings as well. One must take steps to better control their emotions and learning how to do this is an important task for any therapist. First one must understand their feelings, they need to be able to describe their feelings and be able to address and handle anger.

Anger is one emotion that can cause the most distress in any relationship. Many times a client is full of anger and this can cause for a hostile

relationship until the anger can be discussed and handled. There are also so many different situations that a therapist might not have come into contact with that the way a client expresses their emotions from their situations could be difficult for a therapist to fully understand. Addressing a client's cultural considerations is a very important step in the therapy process as well.

Different cultures react and are different in many ways. Perhaps you have a Chinese client they tend to be quiet out of respect so the therapist may feel they are not getting anywhere with the client when really they are simply just trying to be respectful. Having a firm understanding of different cultures is a very necessary part of this line of work. If a therapist knows they have a meeting with someone from a different culture they need to make sure they are aware of their customs and try to be as understanding as possible. It is a necessity to put aside the therapist own cultural beliefs and focus only on the client's beliefs. In conclusion it is very important to be fully aware of emotions, how they play a role in communication and cultural differences when preparing to meet with clients. Training one's self to be able to handle emotions and to be culturally sensitive is essential when considering a role in the human service field.