

Letter of advice

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



Letter of advice I understand that you two are newly engaged, and were made aware that I was taking a course in Interpersonal Communication; additionally, as a couple you are seeking suggestions and advice regarding your relationship. I will share knowledge from the course material, and from my life experiences both good and bad. In this letter I will discuss strategies for empathic listening, recognizing the power of words, how nonverbal expressions affect relationships, and how to create a positive communication climate. Let me assure you that this letter will certainly serve as a footprint for ways to better your relationship. I am extremely honored to share some dynamics of interpersonal relationships with you, Tim and Sara. First I would like to qualify myself by stating that with the help of God, my wife and I celebrated 31 years of marriage on April 19, 2011; thus, I know a little bit about how to maintain a long-lasting loving healthy relationship.

Furthermore, the day is your lucky day for the reason that I will share my knowledge with both of you today and set you on a path toward a long-lasting, loving, and healthy relationship. First I want to share a little bit of information about myself. I married my high school sweetheart in 1980, and we are still together after 31 years. I am the father of three wonderful children and from them I have three grandchildren. My two granddaughters are the most beautiful girls in the world with the exception of my wife, and I believe that is enough about me. All right let me began with a brief introduction of what my thoughts are regarding Interpersonal Communication; additionally, I will reference different material throughout this letter. The human race is a highly interactive being who desire and crave relationships with others of its kind (Sole,... Although interpersonal

communication can be the building block to successful communications between you and your loved one, it could also effect how you and your loved one interact with each other by not being a good listener and speaker. Hello my name is and I will be providing you with a little bit of advice in order to keep and maintain a strong healthy relationship. I will cover various subjects such as self-disclosure in relationships, how to be an empathic listener, the appropriate levels of self-disclosure, also strategies for managing interpersonal conflicts and so fourth. Keep in mind I will not be including anything from my own private life; I will be providing you just guidelines. Self-Concept is developed and maintained by the things we as humans are prone to watch and follow, self-concept is also perceived by our peers, by our parents, sisters, brothers, neighbors and so forth. Purkey (1988) states that your self-concept is learned; it is organized, it is dynamic, and it is changeable, you can construct this sense of self through communication with yourself and with others by what you tell yourself and what others tell you about yourself. Because I am giving you the tools to maintain your relationship, your self-concept of one another will only get worst if you both are unwilling to change and maintain who you are. While it would be much simple to completely to ignore each other, the fact will remain, you both must be civilized when communicating. It's only a reminder that you are not only doing it for yourselves, but you are learning to be better civilized people as well. Moving on, I would like to talk to you about strategies for developing active, critical and empathic listening. Anybody could be a good listener, but the difference is while doing so one must be able to become empathic, understand what the other person is talking about. Although you

may have a really great... Dear Johnny and Elizabeth, I am greatly honored that you are seeking my advice on communication in your relationship and congratulations upon your new engagement. As you understand I am currently taking a class on Interpersonal Communication and I will share with you what I have learned in throughout the course of the class and also some personal experiences both good and bad. There are many components that make up good communication, many assume it comes naturally. The fact that we have been communicating all of our lives does not mean that we do it well. (Sole, 2011, sec. 1. 1) Communication is extremely complex, it requires many skills and you must be willing to not only practice these skills, but also continue learning to improve upon these. There can be many issues while learning to communicate effectively. In order to enjoy a harmonious and generally pleasant relationship one must strengthen bonds by listening effectively which helps solve communication problems constructively. (Sole, 2011) In order to help you on your quest for knowledge, I will go over a few important things I think you should know about interpersonal communication. This advice I believe should help you improve upon your communication skills which is required when you want a healthy strong relationship. When it comes to a healthy relationship, effective communication is the cornerstone on which you build upon. If you cannot communicate properly or effectively, it will have effects in your personal life. In order to have a successful healthy relationship, effective communication is the most important skill that one can learn. First I would like to share a little bit of information about myself. I have been married for almost 13 years to my wonderful husband. We started dating in high school, which makes him

my high school sweetheart. I do know a little bit about on how to maintain a long-lasting loving healthy relationship. I am the mother of a loving son who has been a... Letter of Advice Dear Sara and Tim, I have put together a small guideline for you to use in case you happen to stumble across some interpersonal communication issues. I wish you the best with your upcoming engagement. Thank you for asking for my advice so that I can put some of my schoolwork into use. I always heard that if you do not use it then you lose it. I have listed, explained in detail, and even thrown in a few examples from my own personal experiences. I hope this guideline contributes to helping you effectively use interpersonal communication in your relationship. I will try to help you recognize, develop, evaluate, access, and identify as a couple. You cannot not communicate, relationships do not grow strong without communication. The key to a successful marriage is honesty, communication, and knowing the power of your words. The process by which self-concept is developed and maintained. Has anyone ever told you that first, you must be happy with yourself before you can be happy with someone else? You need to do an evaluation of yourself before you get married. Self-Concept is a list of traits and characteristics you use to describe yourself. " Today most researchers believe that who you think you are is a complex mix of how you see yourself; how others see you; what parents, teachers, and peers have told you about yourself; and what your society or culture tells you that you are or should be. Your self-concept is learned; it is organized, it is dynamic, and it is changeable" (Purkey, 1988). The major part of the way you construct your self-concept is by choosing to accept or reject what other people tell you about yourself but you should

always be open minded to others opinions of you. Whether you agree or disagree. Although keep in mind that other peoples opinions, are not always correct and you should not always agree with what they think of you. There...

Dear Reggie and Jamie, Thank you very much for asking for my advice on your personal relationship as you enter your realm of matrimony. As you know, I am taking interpersonal communication as one of my classes, and as a close friend to both of you, I would love to share some of the information I have learned for the journey you both have planned ahead. I know that you are newly engaged, and this information will definitely prove to be of use in your relationship. My advice to you for a successful relationship is to always maintain effective interpersonal communication. We have all heard "communication is the key in marriage," and this proves to be true in many different concepts. Having effective communication is a key to building a stronger and better relationship, therefore this is my letter of advice to both of you showing how this effective communication can help improve the interpersonal communication in your relationship. To begin in any relationship, it is very important to understand the basic principles and misconceptions that take place in communications. This is essential to be sure that we are communicating and not just talking. In an online book "Making Connections: Understanding Relationships", Kathy Sole explains the role of many terms related to effective communication. In communication there is always a sender, a receiver and the message itself. She further emphasizes that listening is a very important part of communicating (Sole, 2011). As a matter of fact, listening is the largest part of any communication and it can be verbal or in reading form. Listening and providing feedback are

the ways we can determine that we understand what is actually being sent. While it is very easy to talk, it is not as easy to actually communicate in a way in which we can discover things about the person with whom... Hello Aaron & Kelly, I understand that you two are newly engaged and planning a fall 2012 wedding. I am currently taking a college course in interpersonal communication and I want to share with you knowledge from the course material, and from my life experiences; both good and bad. In this letter I will discuss strategies for empathic listening, recognizing the power of words, how nonverbal expressions affect relationships, and how to create a positive communication climate. I am completely confident that this letter will serve as a guide for ways to better your relationship. I am extremely honored to share some dynamics of interpersonal relationships with the both of you. I want you both to know that I am not a relationship expert, but I have been in the same relationship with my husband for the past seventeen years. My hope is that you two can work towards a long-lasting, loving, and healthy relationship. First I want to share a little bit of information about myself. I married my high school sweetheart in 2005. We have been together for seventeen years, married for six. I am the mother of three wonderful children, ranging in age from fourteen to ten weeks old. It is important to know that marriage is not easy, and it is even more challenging when you have children; but with good communication skills, marriage and family can be the most rewarding endeavor you ever embark upon. Let me begin with a brief introduction of what my thoughts are regarding interpersonal communication; additionally, I will reference different material throughout this letter. The human race is a highly interactive being that desires and

craves relationships with others of its kind (Sole, 2011). I believe life is the most precious gift in the world; moreover, empathy is the power that sustains that gift of life. In other words, when people in intimate relationships concern themselves with the problems and issues of others with compassion, and sympathy, life continues to...

Introduction Interpersonal communication is defined by how close people are physically to one another and how involved they are with the other person. Interpersonal communication also plays a role in many couples' lives. As we learn how to communicate with our partners or spouses we also learn how to give feedback to one another and how to listen better for a happier relationship. Indeed, while, interpersonal communication is not the main reason why people get along, interpersonal communication is an important factor among relationships and learning new skills for communication, as well as learning how to deal with barriers are the main keys for a better relationship. Dear Miguel and Terri, the principles of effective interpersonal communication focus in the way we interact with others. As we learn and apply these principles we learn to interact with other people like coworkers, friends, and family members. These principles can help us to communicate better on a daily basis whether at meetings, public places, or even at family gatherings. So what should we do to improve our interpersonal communication? Well, per my experience I must say we should first learn to communicate verbal or nonverbal according to our receptor during the communication. Second we must learn how to be good listeners; the skill of listening is a very important principle of interpersonal communication. Many times we think we are listening to the other person later to find out we were not, because other things were interrupting our

attention. Once we learn how to communicate and listening during our communication then we can apply this principles in our own relationship with our spouses. Couples today do not communicate their feelings or even their dreams in life with their significant other, there is a broken communication that must be fixed for the marriage to be maintained and remain together. When couples... Dear Susie and Michael, Personal and Interpersonal communication conflicts can be solved with strategic communications, and self-concept maintenance and development while understanding interpersonal impact of gender and culture. Communication is very important in a relationship without it your relationship will crumble and fall. Learning to communicate effectively is very important in any type of relationship. Whether it is a personal, business or family matter that needs attention when the individual takes the time to listen to what is being said and responds in the appropriate ways of communication When you fail to listen you are not hearing what your partner is saying, you think you hear it but can be totally opposite of what was said. This is one of many reasons why people seek advice from others instead of their spouse. I will take what I have learned in this class and use it to the best of my ability to help you as much as I can. In this letter I will explain to you the principles and misconceptions in interpersonal communication, the process by which self-concept is developed and maintained, ways for people to improve their personal communications and communication competencies, strategies' for managing interpersonal conflict, and understanding the impact of gender and culture on interpersonal communication. I want to talk about the principles of effective communication and give you some positive tips to help

you and your partner become better communicators. I believe that when you treat each other with respect will prove beneficial because it lets your partner know that you can focus all your energy on them and not focusing your energy on other people. And ways that you can spend all of your energy and attention on your partner is very simple just enjoy each other's company and making yourself present for loved ones instead of being distracted by your problems with others will definitely let your partner know that you are more... Letter of Advice When it comes to marriage everyone has advice whether it how to cook, what to wear to bed, how to be romantic or just what it takes to make your marriage last. In all relationships communication is the key. Talking, verbal or non-verbal communication makes a difference. There are a lot of misconceptions in marriages and relationships. The words we use can affect our relationships, because there are times we say things out of anger or hurt feelings. In this letter I will share some advice to my friends who just got engaged and are planning their wedding. Recognize how words have the power to create and affect attitudes, behavior, and perception. Dear Jim and Sue be careful of the words that you say to one another whether it is general conversation, passion or out of anger. Words can make you feel good and they all so can make you feel bad. The words you chose can cause self-esteem issues distrust or hurt to the core. Harsh words can create bad attitudes in a relationship, create unpleasant behavior and the wrong words create perception that you are mean and uncaring. Advice Letter Identify the barriers to effective interpersonal interactions The barriers of effective interpersonal interaction will keep the communication lines open. The barriers can be constructive or they can be insulting. Don't

always be on the defensive because it will close the line of communication. When there is a misunderstanding there is a breakdown in communication. Build trust with one another trust is something that is earned, the second thing is open and bold when you communicate and have respect and try to get past what the break downs in communication are. Communication is the key and how well you communicate will cause a good and lasting marriage.

Dear Trent and Tara, I would like to say congratulations on your engagement. I am honored you would like advice from me on interpersonal communication in your relationship. The knowledge that I have obtained during the interpersonal communication class will allow me to give you helpful information on the communication processes. Communication is the most important part of a marriage and any relationship. The areas that I will address will be effective communication, the barriers, self-concept development and maintenance, strategies for listening, and strategies for interpersonal conflict. Explain the Principles and Misconceptions in Effective Interpersonal Communications. Effective interpersonal communications is a very important part of marriage. In her book, *Making Connections: Understanding Interpersonal Communications* Sole (2011) said “ Interpersonal communication is a lifelong study that requires ongoing practice for everyone (Sole, K., 2011, sec. 2. 5)”. In this section I will explain to you the principles and misconceptions in interpersonal communications. The principles of interpersonal communications are a share between the sender and the receiver. Barnlund’s (1970) principles of interpersonal communication are: “ Communication is complex. It involves a number of factors such as language, power, the relationship between the parties in the

communication and other elements, and meaning is constructed through transactions with other people. Communication is continuous. Transactions are always taking place. Communication is dynamic; it is always changing due to the constant transformations between public, private, and behavioral cues. Communication is circular. Public cues and private cues are transformed into behavioral cues, and these behavioral cues then become public cues—and the process continues. Communication is unrepeatable. We cannot exactly repeat something we have said in the past. Even if our words are the...