

Self-analysis

Sociology



Answer The four important values that are intrinsic to relationship building are: honesty, trust, integrity and responsibility of actions. I believe that these values significantly contribute to a relationship. My values are expressed through various modes of interpersonal communication, vis-à-vis behavioral pattern, language used and nonverbal means of contact. Regular communications helps to clear ambiguity and conflicts of views (Stewart, 2012). Sharing household chores and having good discussions at home with family not only reduces stress but also strengthens interpersonal relationships. Being friendly with children is important as it increases trust and promotes honesty within relationship.

Answer 2

In work relationships, it is important to disclose information about one's academic and professional qualifications as well as about one's past experience. It shows ethical temperament and increases confidence and respect at workplace. Personal issues and views must be off limit for disclosure at work. In personal relationship, health related problems, financial status, family history and past history of ethical aberrations must be disclosed for creating trust and responsibility within the relationship. Hiding emotions or issues adversely impact it and therefore everything should be open to discussion in personal relationship.

Answer 3

In relationships, the major factors that create communication walls are inflexible attitude, close mindedness, lack of social intelligence and distrust. These are construed as noises which are important elements of interpersonal communication which create conflicts. To overcome these constructed barriers, I make especial efforts to sort out issues by discussing them openly.

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The verbal and non-verbal behavior, both become hugely crucial paradigms that facilitate breaking down of emotional and mental barriers (Guirdham, 2002). In personal relationships especially, touching and listening to the problems of others helps to resolve differences and strengthens relationships.

Answer 4

In the era of rapid globalization, multicultural societies have brought together people from different color, race, culture and nationalities. The interpersonal communication has therefore emerged as important ingredient for building constructive social relationship. Consequently, effective communication amongst people, especially within workplace promotes cross cultural understanding. Indeed, diverse cultures communicate differently, both verbal and nonverbal. Proxemics are critical issues in culturally diverse society. While some people may feel more comfortable sitting close others like Americans prefer to maintain distance while conversing. It is also critical to understand the wider aspects of noise which are inherent tendencies which increase misunderstanding and worsen situations. In Islamic countries, gender segregation is starkly defined and men do not look at the face of women while conversing with them. It is seen as bad taste. Thus, talking to Muslim women, I keep my distance and avoid eye contact, especially in the presence of their family and compatriots.

Answer 5

Ethical and moral considerations are very important part of communication. Within workplace, ethics play important role in building strong bonds of trust and mutual respect. Hence, it is very difficult to talk about boss's ethics if he/she is being unethical. Indeed, job security becomes one of the most

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compelling reasons for avoiding unethical bosses. In such cases, nonverbal behavior becomes a hugely important part of communication. I would like to broach the issue through better understanding of issues and reflecting positive attitude and confidence. I would also keep an open mind and try to look at things from his perspective. I believe that my understanding and my nonverbal behavior would be strong facilitators that would help reduce aggressive stance and sort out unethical issues amicably.

(words: 562)

Reference

Guirdham, M. (2002) *Interactive Behavior at Work*. London: Prentice Hall.

Stewart, John. (2012) *Bridges Not Walls: A Book About Interpersonal Communication*. Boston: McGraw Hill.