

According to my friends and close relatives, they seem to characterize my style of communicating and relating to others as Stubborn, or in other words, Passive-Aggressive Communication. Passive-Aggressive Communication means that I don't directly communicate my feelings, but I hold on to negative emotions and let those manifest through or affect my actions. This style of communication can be conflicting because it can cause confusion and resentment, and I have been told that I supposedly can and actively do hold grudges/resentment towards others. Personally, I don't think my communication style is bad, however, it definitely can alternate depending on the situation and scenario. I can use this self-awareness to promote the development of therapeutic relationships and communication by identifying what triggers my stubbornness/passive-aggressiveness when it comes to communication. I can also reflect on past behaviors and consider instances that have caused issues within my communication techniques as well as how it affected others. I would say the biggest priority that I can and actively have been working on within my communicating skills would be communicating my feelings in a more effective manner and not allowing them to manifest through my internal emotions and actions. One thing that I've learned is the use of "I" statements when expressing my emotions, instead of speaking from impulse and coming off accusatory by starting off with a "You" statement. Also, taking time to think of a response so I can be more proactive instead of reactive when responding has benefitted me a lot. Another thing I could be more self-aware about is being a little more accepting and flexible to others' opinions and ideas, especially when they oppose mine, which will encourage the people that I do regularly communicate with, to be more willing to come to me with said conversations. I also know that I can be very direct, especially with people that I am comfortable with, which can be perceived and/or received the wrong way by others that aren't in my social circle. One thing that I have done to improve this tendency is asking for input and feedback from friends to consciously correct my overall presence within a conversation. I have been told that I am very good when it comes to communicating with people, however, this can also come off as me dominating said discussion, and not allowing for others to have an input. Not that it's intentional but I don't like awkwardness and can influence a person or group of people to start interacting within a conversation, so I try to do that, so everyone feels included. However, despite all the negative connotations and flawed qualities that manifest through my communication skills, I do possess effective communication techniques as well. I would say that I navigate conversations from a therapeutic communication technique point of view. For example, I am a very effective communicator when it comes to actively listening and listening in general. I love to listen to other people's problems and/or trauma in an attempt to give therapeutic feedback when asked and/or to see why they are the way they are. Not that I need to give feedback or that I am listening to be "messy" because I also am a lot of people's outlets when they just want to get whatever they are feeling off of their chest. I have realized through actively listening/listening in general that I possess a lot of empathy, which is another therapeutic communication technique, that I thought I wasn't capable of possessing. However, with yin there's yang, and I've definitely noticed that the empathy tends to show more when my feelings and emotions aren't involved in said conversations or interactions. In conclusion, I'm a work in

progress and still have a plethora of progression to go but I'm attempting to be an overall better communicator, person, etc., everyday!