

Friends and close relatives have often referred to me as an introvert that is very quiet in overstimulating environments as well as uncomfortable situations and even anger. I am described as shy, and I mostly sit-back and observe rather than participating. Even with my closest friends and family I have found myself being distant and often forgetting to respond to messages without even realizing it. I get so caught up in a busy lifestyle that sometimes my communication is really put on the back burner. I communicate with my boyfriend more than anyone else and he has characterized my communication as poor at times. For instance, I forget to tell him my plans for the day, or I go hours without checking in with him and I have no recollection of being neglectful.

In addition to unread text messages, I hardly ever answer phone calls either because I leave my phone around the house and go hours without checking my phone. This reflects poorly on my skills because in case of an emergency, I won't be any help. Despite these aspects of communication, I often find myself lacking in areas at my workplace in addition to verbally communicating with people.

Regarding my workplace, I often shut my coworkers out and try to do my job on my own. This is because I find myself getting short with other workers because there is a lot of workers at this facility that I believe could be doing a better job and I do not want to offend them by saying something wrong. One of my coworkers stated, "I guess she isn't trying to make any friends here" which at first, I was offended by this statement, however, I have learned to not let it affect me because I go to work, do my job, and go home. I communicate enough to be able to effectively do my job and others perceive my lack of social communication as a deficit. Although I am often told by my patients that I display good communication skills towards them and do an exceptional job listening to their feelings and needs.

Within my immediate family, I believe this is the aspect of my communication that lacks the most. If I don't want to correspond with family members and they are attempting to reach out to me, I simply ignore their attempt. For example, I have a no contact relationship with my mother, and she is attempting to verbally communicate with me and break my silence in public settings, I have learned to deny any communication to protect my peace and mental health. Considering this, in her eyes I have very poor communication skills as I choose to not partake in any communication whatsoever towards her. Some family members, I do communicate with but at a very small amount, I come from a very damaged and confusing family, and I will always choose to shield myself from negative situations.

Friendships have always been difficult for me, and I have always had friends come and go. I believe my lack of communication is partially responsible for some of these short-lived friendships. If I feel as if one of my friends are ignoring me, I always get offended and I immediately distance myself from that person. I never want to feel like I am 2<sup>nd</sup> or am being put on the back burner so these feelings usually result in me ignoring my friendship until it is no longer relevant in my life.

Nonverbal communication is an aspect that I feel I have improved on and my very close loved one's can attest for that positive change. I used to be on medications that made it hard for me to be an active listener and really grasp what people are attempting to voice to me, the most challenging part of this time in my life (regarding communication) was how hard it was for me to maintain eye contact, I always felt like others around me probably felt like I was being rude or didn't care about what they are voicing but it was just something I really struggled with unintentionally.

In conclusion, there are many areas of communication that I can improve on. Whether it be verbal, through text message, or nonverbal I feel as if I lack significantly in all these areas and my close friends and family notice this deficit. I will work to improve these skills by being more aware of how well I am responding as well as listening. In nursing, communication will be a

large part of my job and it is important that I am able to efficiently communicate with everyone I encounter to complete my tasks and ensure they are done correctly.