

My friends and close relatives have told me I am a great listener and I am good at communicating. I am always willing to listen to anyone that needs someone to talk to and I try to give any feedback that I can when it is needed. I have been told I always have a positive attitude and that makes people want to talk to me. I have also been told by close relatives that I am trusting and they feel like they can communicate anything, even private things with me. I am usually able to relate to others and if for some reason, I am not able to relate I am still able to listen and give that person some advice. Communication is extremely important and I try to ensure I do my best at being a good listener but also communicating. I have also been told I am very observant when having conversations with my friends and close relatives. I am very observant when I am having a conversation but also when I am sitting or walking around somewhere. Self awareness is extremely important for several reasons. One reason is that knowing how I feel about certain things and what I believe in will allow me to ensure I am not biased towards others. This helps me become more aware of how others view me when it comes to my communication. I am able to focus on some therapeutic communications that I could add into my vocabulary. One therapeutic communication technique I would like to improve on is using silence. I usually feel like someone needs to be talking in order to feel like I am helping. Silence will allow the other person to have time to collect their thoughts. Using silence will also allow others to feel like they still have someone there with them and they do not have to actually talk. Making observations is another important therapeutic communication technique that could promote the development of therapeutic relationships and communication. I am a very observant person most of the time which could be helpful during therapeutic communication. When I am communicating with someone I can be observant and this may be helpful during the conversation. As I had explained I am very observant so there are nonverbal therapeutic communication techniques I use. Some nonverbal therapeutic techniques I use are eye contact, focusing, giving recognition, active listening, and clarification. This allows the other person to know I care about what they are saying and that I am listening to what they have said. Clarification during communication is important because then both I and the other person are on the same page and understand. This also allows me to be more helpful when communicating with others. Another technique that is important and is helpful when it comes to therapeutic communication is offering self. Offering oneself is helpful in promoting the development of therapeutic relationships and communication for many reasons. One main reason is it allows me to spend time with that person. This shows the other person that I care and I want to spend the time listening to what they have to say. This shows they can depend on me to just be there with them. Sometimes this is all someone needs is just someone to be there with them. Self awareness is very important when it comes to therapeutic relationships and communicating. My values, attitude, and beliefs can affect the way I communicate with others. This allows me to ensure I am aware of my own personal values which also will allow me to better communicate with others. Therapeutic communication and relationships are important for everyone to have. It is also important that a person knows their own values and beliefs in order to have therapeutic communication and relationships. Once these are identified and a person knows their own feelings they will be able to differentiate between their own feelings versus someone else's. I was able to identify how others around me feel about my communication and this will help me when I am having therapeutic relationships

and also communicating with other people. This has ensured I am aware of how to use therapeutic communication.