

Many of my friends and family would say that my style of communication and ability to relate to others is normally too much which can be good and bad. If it is not too much, then it's none, and that is a bad situation. Most of the time, I have been described as an open, honest person who can't control her facial expressions, someone who is sympathetic and empathetic. When I am put into an uncomfortable situation and a situation that would fill me with anxiety, I then become the person that will not say anything at all, and both put across a message.

My best friend of 11 years is the total opposite of me. She is very conservative and quiet. In high school and now, she comes to me when she has issues because she is what I would call overly nice. She is always looking for advice as to what to do in situations and how she should appropriately stand up for herself or what she feels is right and I am the person that gives her that information. While she may take my advice and mix her sweetness into it. She knows that I will at least tell her the truth no matter what. I am also known to use personal experiences to relate to other people. I find it is very effective if someone knows you have been in a similar situation to them when you are giving them advice. It is important to know who you can share these personal experiences with and when it is appropriate. Working at the prison for over a year helped me learn when and when not to do this because I was not allowed to share anything personal with the incarcerated adults other than my last name.

While being brutally honest and an open book may not be the best forms of therapeutic communication, I do have one positive ability. That ability is to see multiple sides of a situation, my best friend often comes to me for this. For example, she had come to me because her boyfriend at the time was purposefully ignoring her, and her friend knew about it but didn't tell her. I made her realize that it was okay for her to be mad at this friend because she didn't tell her about it. I explained to her that it was a bad situation overall and her friend was doing what she thought was best for her since she was stuck in the middle of two friends. I use this skill in my everyday life to understand people and their decisions better even when I am involved.

I truly believe that nonverbal communication is a huge communication technique. My boyfriend would say my nonverbal communication is evident and I need to work on it greatly especially when I don't agree with something or in public when a situation has nothing to do with me. He will get very embarrassed because I will clearly make facial expressions if someone is

making a scene at a restaurant or somewhere. In a professional setting, I have been working on my facial expressions and don't let them show my inappropriate emotions. While not all nonverbal communication is bad, when working, I try to keep eye contact with my patients to show attention. I also like to come into the patients' room with a warm smile and tall posture to show care and confidence.

Not everyone is perfect, and everyone has flaws that need work. I believe it is truly being aware of the flaws and being willing to work on yourself that really matters. I know

that I need to work on my anxiety and my reaction to uncomfortable situations. Shutting down and not communicating at all is my biggest flaw because it is not beneficial to anyone. If someone doesn't know what I am feeling whether it is good or bad, then I will never get my point across and resolve the anxiety that caused me to shut down. I have been working on this for a while now because I know it is not therapeutic and is very detrimental to myself and the relationships I have with others.