

For the most part, people tend to feel uncomfortable with making eye contact with another person in a conversation, but personally, I haven't ever felt that way when I'm talking to someone. I feel like it shows the person that I'm engaged and interested with what they are saying. I have also been told that I use more nonverbal communication styles like when I nod my head when I agree with what the person is saying. I also use a lot of different facial expressions when I am in a conversation. A nonverbal communication style that I do not, personally, ever use would be to touch someone. I never do this because the person has not consented to being touched, even if it's just on the arm or shoulder. I feel like there are a lot of people nowadays who are just not comfortable with being touched because they have experienced assault or a lot of other terrible things. I also tend to use the style of exploring when there is something that's said that I might not understand or if I need someone to elaborate on something. Reflecting is a big style of communication that I use when I ask them questions or how they felt about a certain situation that they are talking about. These questions are usually saved till the end of their conversation. I'm a person who likes to listen to stories more than tell them nowadays, because I stumble over my words a lot and think that has helped me with communication with other people, so I'm definitely an active listener. I also tend to find things that a person is telling me that I could compare my life to, if a certain situation also happened to me then I will comfort that person by them knowing that they're not alone. I will also use restating a lot in conversations to let the person know if I'm agreeing with them or think something is shocking, depending on how my tone of voice is. I use formulating plan of action a lot when I'm trying to give someone advice, and I don't want to make it out to seem like I'm judging the person.

I can use this self-awareness to my advantage because people who are going through mental illnesses tend to want to talk about it, if there is a person there who is willing to actually listen and care about what they're saying. It's also helpful that I tend to listen more than talk because it allows the person to trust me more and open up about how they're feeling. The formulating plan of action will be helpful because people who are suffering a mental illness, tend to need a lot of advice with how to deal with it, along with coping mechanisms to calm themselves down. Presenting reality is also helpful in my situation because it allows me to clear up something a person might get wrong, without out right saying that they are in the wrong which would in turn aggravate the person. Overall, I believe I can be a good person for someone to communicate with, depending on if they receive my verbal and nonverbal communication styles well.