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Professor Jean

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Midterm Examination

Multiple choice (5 points each)

1. In regards to physical needs, communication, Is enhanced by the more negative relationships a person has grown up with. This helps them to become strong and communicate more effectively.
2. The process of communication, Includes more than one entity sending and receiving messages at the same time.
3. When considering the principles of communication, it is clear that Communication is Irreversible.
4. Competent Communicators Are able to choose their actions from a wide range of behaviors.
5. Disinhibition refers to, The lack of desire one has to motivate themselves to communicate.
6. The self- concept refers to the relatively stable set of perceptions you hold about others (F)
7. The self- esteem refers to evaluations of self- worth (T)
8. Reflected appraisal refers to the fact that each of us develops a self- concept that reflects the way we believe others see us (T)
9. Manner consists of a communicator's words and nonverbal actions (T)
10. Our authors concluded that concerning self- disclosure, lying can be a very useful tool in preserving important relationships. (F)

Essay Questions (25 points each)

Describe empathy and the three components of empathy outlined in our text. According to our text, “Empathy involves feeling and experiencing another person’s situation, almost as they do”(25). “It is the ability to re-create another person’s perspective, to experience the world from the other’s point of view” (128). ”The three components of empathy are, perspective talking which is “an attempt to take on the viewpoint of another person.” Another is emotional dimension this “Helps us get closer to experiencing others’ feelings: to gain a sense of their fear, joy, sadness, and so on,” And the third is a genuine concern, “for the welfare of others”(128).

Discuss the difference between empathy and sympathy. According to our text, the difference between empathy and sympathy is, “With sympathy, we view the other person’s situation from our point a view.” “With empathy, we view it from the other person’s perspective”(129)

Explain the 5 positions of the pillow method.

1. I’m Right, You’re wrong: This is the perspective that we usually take when viewing an issue. We immediately see the virtues in our position and find fault with anyone who happens to disagree with us. Detailing this position takes little effort and provides little new information.
2. You’re right I’m Wrong: At this point, you switch perspectives and build the strongest and build the strongest possible arguments to explain how another person can view the issue differently from you. Besides identifying the strengths in the other’s position, this is the time to play the devil’s advocate and find flaws in your positions.
3. Both Right, Both Wrong: From this position, you acknowledge the strengths and weaknesses of each person’s arguments.
4. The Issue Isn’t as Important as It Seems: Although it is difficult to consider some issues unimportant, a little thought will show that most aren’t as important as we make them out to be. The impact of even the most traumatic events- the death of a loved one or the breakup of a relationship, for example-usually lessens over time.
5. There Is Truth in All Four Perspectives: After completing the first four positions, a final step is to recognize that each of them has some merit. Although logic might suggest that it’s impossible for a position to be both right and wrong, both important and unimportant, your own experience will show that there is some truth in each position you have explored.

Work Cited

Adler, Ronald B., and Russell F. Proctor II. *Looking Out Looking In*. 15th ed., 2015.