

A Look at Interpersonal Communication

LaQuandra Gooden

Nyack College

1. If a new acquaintance just shared their personal experiences to me, first I would think maybe God want me to minister to them. Depending on how deep or heavy the personal experiences that are being discuss I would ask the Holy Spirit to give me the words to say. Usually I am sympathetic towards people, however I would not share all my personal experiences with them right away because I tend to be a skeptic when meeting new people. The thoughts I would have is “why are they telling me all this information?”, question is there an underlining motive? And if I share certain information will it be use against me? I tell myself to be mindful, but I may disclose 1 or 2 things that may be like their experience, so he/she know they are not the only one who have experienced the same exact issue in the context of knowing there is no reason to feel ashamed. I rate my answer a 4.

2. If someone ask me “Can’t you at least understand why I feel as I do?”, I will examine myself because if the person was prompted to ask me that question I am going to assume there is a misunderstanding between us. I may ask the person to repeat their view because I am not comprehending what him or her is saying. I can understand the person way of thinking or view but when it comes to feelings such as emotion, I may not be able to understand depending on the topic. For example, if the political discussion is about abortion and the person feels unremorseful about it, I would not be able to understand, however if they shared a personal experience in regard to abortion which led to them feeling unremorseful, I would be able to understand their feeling but not agree with their feelings. I rate my answer a 3.

3. I would 1st pray to God on how to approach this situation with my relative, and to be honest I struggle with being vulnerable with some relatives because I worry about their reaction. I am learning how to say I feel and share my thoughts. It is not my concern to be worrying about the person feelings or reaction. Regardless on how my message is receive, I will choose to speak in a respectful manner. I would call the person and my heart will start to beat fast and express to them I find it annoying and irritating they want to help me with everything. I find it annoying because I view their behavior overbearing and it make me feel like I need them. I will express to them If I ever need their help, I will reach out to them but in my own will not theirs. I would rate my answer is 4.

4. I will be honest to my friend by letting her know how I feel about those 1-2 behaviors and the effects it can have on her and her relationships. I would reassure her and remind her no one is perfect, and change is a process. I would let her know I do not agree with certain behavior she do but let her know I will always love her. Most likely I will encourage her and ask her do she want to pray. I rate my answer a 4.

5. If my close companion share with me I have been behaving differently, I would ask them how? Knowing me I may be on offense at 1st but as they talk, I would take their thoughts and feelings into consideration. I will remind myself they are not criticizing me but coming from a place of love and concern. I would apologize for my behavior and ask them for forgiveness. I would ask my companion for their advice on what can I do differently. Then I would talk to God in mind about the conversation and ask him to help me. I rate my answer a 5.

6. I would express to my friend I have been truly blessed by their presence in my life. I appreciate how they been with me through the ups and downs. Their words of encouragement uplifted me through some of my difficult moments I value their sincerity, honesty, and work ethic. I love their calm, sweet, and loving demeanor, and I could not ask for a better friend. Thank You for being my friend. I rate my answer a 4.

7. I will tell the amateur writer I do not like the poem in a gentle tone and express to them just because I do not like the poem that does not make them a bad writer. Then I will tell them what I do not like about their writing piece and give them advice on how they can compose a stronger poem. I remind them that practice make perfect, and even the greatest poets and writers is still learning how to perfect in their craft. I will rate my answer a 3.

8. If an important person to me display behaviors that are bothersome, I will pray to God by telling Him how I feel about the person behavior and my thoughts about it. Then I would ask Him should I address it or not? and how to address it, if so? Then I would call the person, ask them how are they doing been doing? After that I would begin by telling them the purpose of today's call by letting them know I been concern about their behavior lately and has been troubling. I will express my feelings about their behavior. I will ask them "is everything okay?" or "is something bothering you?" "do you want to talk about it?". I rate my answer a 4.

9. I would tell my friend I disagree, and everything is not bad as it looks. I will let my friend this maybe an opportunity for me to meet new people and I am okay with that. Upon my friend making that statement, in my mind I would ponder “is she is trying to discourage me?” or “maybe she just saying things from her perspective or speaking from a place of her own experiences” No hard feelings will be taken however I would be mindful of that friend. I will rate my answer a 4.

10. To give proper advice, I would ask my friend some questions to assess the problem better. Then I will be honest with them, speak in a loving and respectful way which consist of nonjudgements, and not demeaning her. I will encourage my friend and help her on how she can make things right according to the problem at hand. Also pray for her. I rate my answer a 4.

11. I will ask the critic can they give my examples or why do they feel I only see what I see? After the critic give their reasons, I will let them know I understand how they feel and take what they said into consideration. I will evaluate my behavior and my thoughts to see does it align with that the critic said. If what the critic claimed come out to be true, I will sort these things out, however If what the critic claimed turn out not to be true, I will no longer value their opinion. My emotions will be defensive at 1st because the critic is talking about my friend and the critic do not know my friend or her circumstances like I do. However, I will remind myself to be open to their point of view because they may speak some truth. I will rate my answer a 4.

12. I will explain the recent assignment to my co-worker and ask him or her do they have any questions or concerns about the assignment. Also, I will ask them is there anything they would like for me to recapitalize over again? In addition, I will write down the instructions for the assignment and send it to them in an email to cover myself. I will rate my answer a 5.

13. I will ask my acquaintance if they are sure? Me asking her that question will help me discern if they want to help and it gives them another opportunity to make their decision final. I would not tell them it sounds like you do not want to help, because it can cause conflict and I could end up misperceiving things on my behalf. I rate my answer a 5.

14. I would inform my roommate I would like to have an important conversation with her. Afterwards I will let her know the responsibility of washing the dishes are not being shared equally within our household. I would express to her I feel upset and is not pleased about the situation. I would ask her how we can solve this issue? I rate my answer a 4.

15. I would let my Facebook friend know I am not able to hang that week, but if she plans to visit my town again, we can schedule to do something when she revisits. I rate my answer a

4.

My total score 61, which indicates I am moderately satisfied with my communication skills.

My 1st goal is to develop better communication skills to help promote healthy relationships

among my family and friends (Chapter 4: Close Relationships). My 2nd goal is to provide

constructive criticism and put alternative self-disclosure into practice from Chapter 3:

Communication and Identity. My 3rd goal is to develop social media etiquette and implement

the tips from Chapter 2: Social Media.