

Elaine Lee

MFT 508-RP#5 Communication Skills

Dr. Andrew T. Mercurio

From reading the handout of “Healthy Communication”, I realized one of my strongest skills in communication is active listening. I believe this skill has helped me see the openness of others. When I am listening and engaged in the conversation, I also listen to try to understand; Understanding where they came from and how their personality applies to the story; Drawing closer attention to the words and collecting information for the message; It is not just about listening to the word itself and thinking about how to reply next but more focus on the complete message being communicated. When I pay close attention to the conversation, the other person feels they are being heard, it builds trust and makes them feel that they matter to the listener. When I am engaged in the conversation, it also brings enjoyment to interacting with the speaker. It helps me to learn more about the person and improve the productivity of the conversation. When I am the speaker and see the other person doing other things while conversing, and showing they get bored and lose focus; it can make me become distracted and show the person not involved and interested in the conversation. I usually show acknowledgement and body language by agreeing with the person to indicate that I am listening.

One of the communicating skills that I need to improve is to express myself openly. For years, I learned that I am not shy in social settings and surround myself with many friends. Building relationships with impressions affected me how open I like to express myself to others. Concerning how others feel about me and worrying about how they react from speaking my mind can keep me from openly expressing to everyone. Due to the idea of perfectionism, I see myself constantly criticizing myself that I could do better, and be better. I’ve always played it safe and stood by the sideline. The truth is I need to appreciate the growth of myself. Being comfortable with my thoughts and aware that people could always have different opinions than you. What it really matters is standing up for yourself to express my own feelings. It is important to acknowledge how God created us and our own personality. It is the foundation of shaping our identity. It is also the key to allowing others to connect with me when I remain open.