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COM 107

## Chapter 1

Competent Communicators tend to be more self aware, empathetic and adaptable when it comes to what's surrounding them. Being self aware means knowing your character and how you're feeling at the time. Empathy is another way of competent communicators because you can learn to understand and share those feelings with someone else. Adapting to something new or someone new is hard but that's also something a competent communicator does. They adapt to the new things around them to be able to understand more.

For this interview, I interviewed my best friend Clarissa. I asked her to rate me 1-10 so I can get a better understanding. She said my self awareness was a 5 because I tend to always say "I don't know," when she asks me what's wrong. I think when it comes to this, I can be better by just letting myself feel what I'm feeling at the time and not feeling ashamed about it. She said she would rate my empathetic level at a good 8. I think she only says this because I'm her best friend, but maybe I am good when feeling for others. When it comes to adapting, she rated me a good 8.5 because of how much I move around so quickly without even going to the state. She said when it comes to new things for me, I adapt pretty fast. She said this includes people as well. I would say I'm half and half when it comes to being a competent communicator.

When it comes to myself, I want to be more energetic, confident, fearless and independent. I think if I want to be more energetic behavior wise, I need to find things that make me happy or get me in a good mood whether that's my diet or doing exercises that bring the happy endorphins to life. When it comes to being confident, I think I need to just be comfortable in my skin. I think by just taking time for myself and maybe reading a book about self worth would help me. Also

maybe standing up straight and speaking with confidence when talking to someone will make me feel better in that category. I feel like fearless and independent kind of collide in a way. One reason I say this is because I get very codependent on the people I'm around. I always want them to go somewhere with me because I'm always with them anyways. So I have to be fearless to be independent. Have no fear of going to get coffee by myself or to the grocery store.