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COM 107

Chapter Three

For chapter three we had to interview someone we have an interpersonal relationship with, so I picked my boyfriend Robert. He said that the confidence I give him when we're out at the gym or even just out in the streets running errands is comforting. He said by encouraging him to push himself every time we're in the gym or in the classroom, that it helps him feel confident he can do it even by himself when I'm away at school.

Now when it comes to him and my self concept, he makes me feel very safe. He does this by making me feel like he's always right behind me in whatever I do. Plus he does little things to make me feel like that. For example, he always makes sure I'm not walking by the street side when walking next to him. Uneasy conversations are always going to happen in any relationship. When I have to tell him something bad, I always hug him so he can understand and feel what I'm feeling. It does work because it makes him also feel like he's just trying to protect me. When he has to tell me something bad, I need him to be in person holding my hand to feel a little more open. Sometimes he tells me things over text. It's so hard to understand things because I'm not there to fix it. We both have totally different self concepts. I think one way we can make things better between each other and help one another is our communication and not being scared to just say what we're feeling.

A reference group I compare myself to is an athletic group. I do this because I'm an athlete and feel like I can relate to women in sports. The qualities women in sports are shared all around like being mentally tough in a game or learning how to be mentally tough during a workout. I want to say I am better than athletes that quiet their sport because they didn't get the playing time

they wanted. I say this because when that happened to me, I worked even harder to earn my spot. Someone I am worse than in this group would be the professionals. They are the people I look up to the most but also envy. I am the same to most women athletes having to face diversity and competition but I am different because I know people work harder than me and deserve to be where they are. If I used a different group to help me with my self concept, I probably wouldn't be as confident.

I think when it comes to self concept as a child, it depends on the relationships that surround them. The ability to communicate, love and show empathy is a good relationship development. If parents are loving towards each other and open, I feel like that'll make a child feel loved and connected deeper with their parents and siblings. I personally did not get to experience this type of love as a child. My parents were the complete opposite of what I just described and I feel like that's why I struggle with relationships now.

Self fulfilling prophecies can either be my hero or the death of me. I have done this to myself so many times it's annoying. One example is when I had to take a quiz that I studied for but still felt like I was going to fail. When I took it, I ended up barely failing with a 60. Another example is when I had to play a different position in volleyball. I was so nervous but I told myself I would do amazing. I played one of my best games that day. Each behavior taught me how to develop a little self boost of confidence and not doubt myself. I always have good self fulfilling prophecies on others. I see no reason to wish poorly on someone who's trying. For both incidents, I had friends who were going to take finals. I saw them studying all week for this. I kept telling them they were going to do amazing on the final and not to stress out. I think by telling them this every time I heard them say something bad, made them feel better and confident in themselves because they ended up passing with A's.

I can't do public speaking. I know a lot of people are like this but this affects my self concept. It makes me feel like whatever I say in front of a crowd is incorrect and it even makes me feel like I physically look ugly. I think my expectations for change are realistic because it's all about getting comfortable with my voice and practicing talking in front of smaller crowds. I am willing to make this change starting with my internship I did with WNYK this past year.

My List

- Hard working
- Listener
- Classy
- Has manners
- Open minded
- Self aware

My honest ones out of these are that I have manners, I'm hard working, I'm pretty open minded, and I have class when it comes to dressing nicely. My deceptive ones are me being self aware and a good listener. I get very distracted easily and tend not to listen sometimes. I think I justify my listening deception well because I still somewhat always know what the topic is on. If I was candid about this listening issue, I think people would be pretty upset.