

## **Chapter 3 Activities**

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Interpersonal Communication Skills

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### **3.1 – Who do you think you are?**

#### **Part A**

1. Typical social behaviors
  - a. Talkative
  - b. Upbeat
  - c. Guarded
2. Dominant personality traits
  - a. Blunt
  - b. Optimistic
  - c. Chaotic
3. Beliefs that define me
  - a. My faith
  - b. Love people
  - c. My purpose is to do my best
4. Important social roles
  - a. Sister/daughter/cousin

- b. Christian
  - c. Student
5. Intellectual habits and abilities
- a. Curious
  - b. Poor attention
  - c. Bad time management skills
6. Physical condition
- a. Slim
  - b. Tall
  - c. Weak
7. Talents that I possess or lack
- a. Competent student
  - b. Good engager of people
  - c. Bad small talker
8. Important descriptors
- a. Enthusiastic
  - b. Woman
  - c. Christ follower

**Part B**

*Arrange in order of importance*

1. Defining beliefs: My faith
2. Important descriptors: Christ follower

3. Defining beliefs: Love others
4. Important social roles: Sister/daughter/cousin
5. Dominant personality traits: Optimistic
6. Defining beliefs: My purpose is to do my best
7. Intellectual habits: Curious
8. Typical social behaviors: Upbeat
9. Dominant personality traits: Blunt
10. Important social roles: Student
11. Important descriptors: Woman
12. Important descriptors: Enthusiastic
13. Talents I possess/lack: Engaging
14. Social behaviors: Talkative
15. Social behaviors: Guarded
16. Dominant personality traits: Chaotic
17. Talents I possess/lack: Competent student
18. Intellectual habits: Poor attention
19. Intellectual habits: Poor time management
20. Talents I possess/lack: Bad small talker

**Which of your self-concept elements contribute to building positive self esteem? Describe and factors that have contribute in a positive way to the formation of those positive self-concept elements.**

Most of the descriptions and concepts I used to label myself are things I am content or happy with. My faith has been the biggest factor in the shaping of my self-concept. It has made me realize how God intentionally gave me each of these characteristics and identities. Realizing and fully believing this has led me to be more confident in myself and who God made me to be and has resulted in better self-esteem.

**Which of your self-concept elements contribute to building negative self-esteem? Describe any factors that have contributed in a negative way to the formation of those negative self-concept elements.**

My physical and intellectual perceptions of myself are probably the most negative. It stems primarily from my middle school experience. It was in this time that I began to deal with body image issues but did not talk to any trusted influences in my life about these issues and this caused me to internalize them and carry them with me for quite some time. My intellectual perception was also heavily influenced in this time period. Middle school was the first time I attended an actual school because I was homeschooled up until this point. Upon entering school and having various teachers and being surrounded by many classmates, my struggles with time-management and attention became very evident to me. Teachers and family noticed but brushed it off, making it feel like just a personality flaw than the actual learning disability which was the cause. This led to a negative perception of my intellectual abilities.

**How much of your self-concept is based on obsolete information, social expectations, distorted feedback, or perfection beliefs?**

A great deal of my concept is based on social expectations and perfection beliefs. Growing up in the church and a conservative Christian community, there was a great deal of expectation on how you presented yourself, what you did, your characteristics, how you think, and even what your future would look like. These high standards made it feel as though there was no room for grace for mistakes that were made and this resulted in a perfectionistic mindset. This environment led me to believe I was better than people who weren't Christians while also making me feel horrible with any mistake I made and these issues played a large role in shaping my self-concept. The social expectation of Christian communities and the societal expectation for females shaped the way I viewed myself in all aspects and shaped the concept of my identity.

**Are there ways you can bring your self-concept up to date to more accurately reflect your current reality?**

As a Christian, my first instinct is to draw near to the Lord. I seek for Him to define who I am and to learn the truth about who He created me to be so any misconceptions in my self-concept will be corrected. Another thing is surrounding myself with people who will emphasize this. Not only people who will build me up with the truth of the Word but also call me out on either overly positive or overly negative perceptions of myself.