

Frances Vasquez

SWK 246/586 INTERPERSONAL COMMUNICATION SKILLS

Chapter 2

Activites:

### 2.1

1. How would you describe your social behaviors? FRIENDLY, GENEROUS, NURTURING
2. How would you describe your personality traits? PERSONABLE, CONSIDERATE, DEDICATED
3. What beliefs do you hold strongly? CHRISTIAN-BIBLICAL VIEWS, ACCOUNTABILITY, SELF REFLECTION
4. What social roles are the most important in your life? FRIEND, BEING A LEADER, SOCIAL WORKER
5. How would you describe your intellectual capacity? LEARN FAST, TAKE INITIATIVE, INQUISITIVE, OPINIONATED
6. How would you describe your physical condition and/or your appearance? I FEEL OVER MY NORMAL WEIGHT, DEALING WITH MINOR HEALTH ISSUES
7. What talents do you possess or lack? SING, DANCE, ACT & WRITE (POETRY, SCRIPTS, NOVELS) I WOULD LIKE TO DEVELOP IN THE SPOKEN WORD/RECITALS. I WOULD LIKE TO EXERT MY TALENTS PROFESSIONALLY.
8. What other descriptors are important to describe you? SHORT, LIGHT SKINNED, HISPANIC, FEMALE, DOMINICAN, NEW YORKER

Part B

1. Arrange your self-concept elements in order of importance
  - CARETAKING
  - SUPPORTIVE
  - RESILIENT
  - BRAVE
  - CONSIDERATE
  - MEDIATOR
  - OBJECTIVE
  - INTUITIVE
  - CREATIVE
  - THOUGHTFUL
  - GOOD FRIEND
  - KIND
  - WELCOMING
  - NONJUDGEMENTAL
  - SELF REFLECTIVE

- PROVOKING
  - IMAGINATIVE
  - UNCONVENTIONAL
  - GENUINE
  - IDEALISTIC
2. Describe any factors that have contributed in a positive or negative way to the formation of your perceived self. Explain if some were due to obsolete information, social expectations, distorted feedback, or perfection beliefs. Include any other factors involved, in the formation of your perceived self.

I believe that growing up with a critical mother, and other females in my life, made me self-critical. I think it prevents me from being free or open to receive/ask for needs. Being praised for doing well in school, aided in my love for growth and education. I look to take care of others, maybe to be appreciated, validated or needed in return. Social expectations are a burden for me. I desire to be married and raise a family. However, it hasn't happened and there is a societal expectation which burdens me. There is also a societal expectation in being Christian. I also struggle with asking for help or being self-sufficient- which deals with pride and perfectionism to a certain degree.

3. What significant others or reference groups contributed to your self concept? How?

Church culture shaped me in my mid-twenties to present. The values and traditions of being Pentecostal, whether biblical or not shaped the way I carry myself, and the way I hold myself accountable, to a standard or in shame/guilt.