

Frances Vasquez

SWK 246/586 INTERPERSONAL COMMUNICATION SKILLS

Chapter 3

### 3.1

#### **Describe person and opinions**

Turner is a coworker. I don't like him. I think he victimizes himself and I find him annoying.

#### **We judge ourselves more charitably than we judge others.**

1. We both have a heavy caseload. He needs to be told what to do and I don't. He also works from home a lot and uses health issues to do so. I have been late a lot and although I have a lot on my plate, I don't use those to work from home.

#### **We pay more attention to other's negative characteristics.**

2. Turner is of a calm nature. He is creative and socially acceptable except it. I tend to disregard those positive qualities and focus on his tendency to play on misfortune. Makes up a bunch of scenarios to get pity from people.

#### **We are influenced by the obvious.**

3. Turner and I worked together so we spent a lot of time together. I get to see the truth and the lies.

#### **We cling to first impressions.**

4. I didn't like Turner in the beginning because I felt that he was over sharing and eager to build a friendship with me which made me suspicious. He did not seem truthful and genuine.

#### **We assume that others are similar to us.**

5. I assume that Turner should know not to try so hard when it comes to building Friendships. I also don't think that he should exaggerate to beat the system or milk the clock (working from home, calling out, spending so much time in the field.)

#### **Conclusion**

Based on the observations above, my perception of people is accurate, but judge mental. I have to be less suspicious of others. More trusting of others intentions towards me.

### 3.2

#### **I am moving to another apartment and my mother believes that my partner should help me financially with bills/rent.**

**Position 1:** I'm right, you're wrong. Validate your argument.

I don't want to ask for money from my boyfriend who does not live with me and offered to pay for the Uhaul and provide groceries. He is paying CUNY back to remove a HOLD from his bursar account. He is

also paying child support for a child that is not his. He has been providing for his 5-year-old and his mother. He does not make as much money as me, although my mother thinks so.

**Position 2:** Your right. I'm wrong. Look for validity in other person's position/perspective.

Mom is right because he's a male and should be a provider. He also does eat up groceries and uses up the electricity at my house.

**Position 3:** Both right. Both wrong. Considering that you both have valid or mistaken points/perspective.

We are both right. It sounds like I'm making excuses for him and my mother is making demands.

**Position 4:** the issue is not important. Is this a make-or-break argument/disagreement.

The issue is not a make-or-break argument since my partner does not live with me. He also provides what he can. I believe that it is important to be considerate to someone else's contribution into your life. The idea that my mother believes my boyfriend is being lazy or cheap is not completely accurate. My boyfriend has other responsibilities and it is not fair that I demand that he helps me financially we are not married, and we do not live together. He also helps me with groceries, and if I ask him for money, he gives it to me.

**Position 5:** There's truth in all positions.

I think all positions are true which brings to perspective that when/if we get married or move in together, our finances will need to be sorted out. I desire a partner that does not have to be told when to help me financially. I also desire a partner that I could do life with meaning, that our relationship would require a greater level of commitment, such as getting married or living together. Since this is not the case, I feel bad, having to ask for financial contributions. I can easily perceive it as he is using me or just enjoying the moment, keeping company. And it can affect my sense of self-worth. However, using the pillow method, I can consider all positions to the situation.

### 3.4 Perception Checking

1. Perception checking in the situation that I have chosen is valuable. I have asked my partner to pay for the light bill. I mentioned it and showed him the bill. He stood quiet for some time and then said he would help. But I did pay the bill and didn't bring it up again. Perception checking would be beneficial: "I noticed that I asked you for help to pay the light bill, but you didn't help me. Is it that you don't want to help me or did you forget? Can you let me know because I don't want to jump to conclusions."
2. Some channels used for perception, checking our visual, listening and body language.
3. The impact on the person using a perception check and having to think of more than one possible interpretation is great. It gives options to the speaker and also to the listener and opens the ground for effective communication and deeper understanding.
4. The impact on the person hearing the perception check, can open the door for clarification, and avoid defensiveness.
5. Some long-term effects on relationships, which where people use more perception jokes are that there would be no friction as far as resentment, bitterness, or misinterpretation of behavior, or circumstances. I also believe that short term effects are very similar, and can greatly impact the building process of relationships and trust.