

Sukurat Jawando

Professor Jean Carlton

SWK 246

3rd April, 2023

Activity 7

Activity 7.1

1. My Boss is mean: looks tough and aggressive, looks directly at his opponent. Has a firm grip. Sarcastic, fold his arms, stands straight and stiff
2. My co-worker says I don't treat them well: ignoring them, talking over them, speaking in high pitch, being quiet and talking less. Turn body away from them
3. He is not into the project: always absent, make excuses, talk less, ask few questions and/provide few answers, fold hands, looks disinterested, looks sad
4. She can't stop flirting: touching , making faces/ putting lips, dress scantily, talk sensually, bends over
5. They tell me I'm too tense : overly anxious, always, high shoulders, shaky voice, fiddle with arms/finger
6. She acts like she's in charge: raises chin and shoulder, speaks with high tone, clasps hand behind her head, dresses formally, looks sternly.
7. He made a big deal of everything: purses intentionally during conversation, territorial, acts out,
8. Acts more sure of myself: gesture more, speak firmly, stand straight, show confidence, maintain eye contact
9. He seem friendly: smiles lightly, turns body towards others, maintains eye contact, listens, lightly touches, nod head
10. You are not exactly a ray of sunshine: sarcastic, silent, superficial, low voice
11. They tell me I'm too aggressive: speak too fast, talk loud, stare others down, Turn body away from others, looks stern, clench teeth
12. She's hyper: speak loud, bright eyes, fiddles with hand or body part, pace around, tense body posture, energetic

Part II

She's hyper :

Positive if used to describe one's excitement,

Negative if used to describe excessiveness

They tell me I'm too tense:

Positive if used as a way to caution an individual or advise to loosen up

Negative if used to discourage participation.

She's hyper: excited, quick, move around a lot

They tell me I'm too tense: bring teeth, relaxed, unconscious

I can see the positive side oh hyper as excitement, agile,spontaneous and energetic as against my initial response

They tell me I'm too tense could mean the individual needs to relax, control and focus on themselves as against my initial assessment of being rigid.

Activity 7.2

1. Take the lead, be on time, speaks in high tone, high shoulders
2. Make eye contact , reassuring look, speaks boldly, dresses nice, smile lightheartedly, shake hands, turn body facing others, shake hands
3. Makes eye contact, move body, laugh loudly, tease
4. Smile gently, makes eye contact
5. Turns body slightly away, keep an unsteady gaze, wave hands
6. Stand strait, speak confidently, make eye contact
7. Focus, nod head, move hands, make eye contact, quiet
8. Distracted, read a book, listen to music, close eyes, fold hands
9. Offer space, smile , help,assist
10. Listen, touch/hug, show empathy