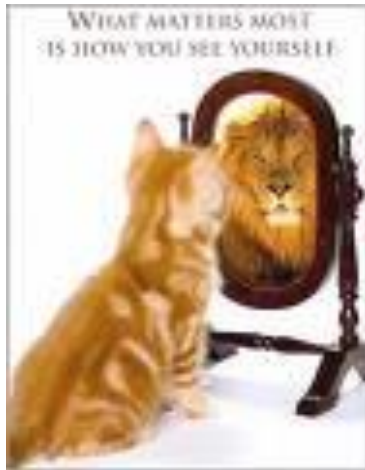


# Intrapersonal Communication

By Lisa Brewster



Intrapersonal communication, or communication within yourself, is an area of study that is fundamental to the field of interpersonal communication.

Interpersonal Communication is communication with others, whereas Intrapersonal communication limits itself to communication within the individual. It is communication that takes place within the individual when he or she is communicating with others, or simply, when he or she is alone and thinking to himself or herself. When a person says to himself or herself, “way to go,” he or she is engaging in intrapersonal communication.

The practice of Intrapersonal Communication is critical to helping you develop not only your sense of self but also help you identify how to communicate with others. You see, your value of yourself determines how you communicate with others so it is important to assess yourself concept.

The self-concept is based on what people are told by others and how the sense of self is reflected in the words and actions of important people in one’s life, such as parents, siblings, coworkers, friends and teachers.

## **Self-Concept**

Self-concept is how you see yourself and is important because how you act and communicate with others is connected closely with this. Concept means idea so your self concept is the idea that you have about yourself. The way you see yourself, of course, may be completely different to how others see you since your self concept is a description of who you think you are. In addition, psychologists go on to say that we have many different self-concepts. In other words, our belief of who we are changes in different situations. William James says there are 3 dimensions of self:

*Material self:* physical elements that reflect who you are (body, car, clothes, home, etc.)

*Social self:* the self you see when you are interacting with others such as your best friend, your boyfriend/girlfriend, spouse, or significant other, your colleagues, etc.

*Spiritual self:* introspections about your values, beliefs and morals

Our self-concept forms our self-esteem and there are ways to improve this however. First though think about what you think of yourself right now and whether or not it is holding you back.

## **Self- Awareness**

Self-awareness is your understanding of who you are. You learn about yourself in a variety of ways but the most important way to learn about yourself is through interpersonal communication. One dimension of increasing your self-awareness is analyzing yourself disclosure patterns and strategies.

Self-disclosure is seen as a useful strategy for sharing information with others. By sharing information, we become more intimate with other people and our interpersonal relationship is strengthened.

<b>Definition</b>	Self-disclosure is not simply providing information to another person. Instead, scholars define self-disclosure as sharing information with others that they would not normally know or discover. Self-disclosure involves risk and vulnerability on the part of the person sharing the information
<b>Functions of Self Disclosure</b>	Self-disclosure performs several functions. It is a way of gaining information about another person. We want to be able to predict the thoughts and actions of people we know. Self-disclosure is one way to learn about how another person thinks and feels. Once one person engages in self-disclosure, it is implied that the other person will also disclose personal information. This is known as the norm of reciprocity. Mutual disclosure deepens trust in the relationships and helps both people understand each other more. You also come to feel better about yourself and your relationship when the other person accepts what you tell them.
<b>Risks of Self-Disclosure</b>	While there are several advantages to self-disclosure, there are also risks. One risk is that the person will not respond favorably to the information. Self-disclosure does not automatically lead to favorable impressions. Another risk is that the other person will gain power in the relationship because of the information they possess. Finally, too much self-disclosure or self-disclosure that comes too early in a relationship can damage the relationship. Thus, while self-disclosure is useful, it can also be damaging to a relationship.

We all know someone who dumps their whole life story at you even though it is unasked or unwarranted. Usually there are rules for self-disclosure and most people abide by them but on rare occasions we meet someone who shares too much too quick. How do you react?

## Characteristics of Appropriate Self Disclosure

<b><u>Self disclosure...</u></b>	
<b>Moves in small increments</b>	Don't be in a hurry to tell someone too much about you too quickly
<b>Usually moves from less personal to more personal</b>	Your partner will feel uncomfortable if you start with your feelings and intimate information without establishing a foundation for the relationship
<b>Is reciprocal</b>	Self disclosure should not be a one-way monologue
<b>Involves risk</b>	You do run the risk of being rejected if you share something about yourself
<b>Involves trust</b>	Disclosing means you trust them not to share your secrets to others or use it against you
<b>Has the potential to enhance the quality of our interpersonal relationships</b>	Revealing personal information pushes your relationship to a new level

## Self Esteem

Self-esteem is related to yourself worth and your value. Building self-esteem is a first step towards your happiness and a better life.

Self-esteem increases your confidence. If you have confidence you will respect yourself. If you respect yourself you can respect others, improve your relationships, your achievements and your happiness....

Low self-esteem causes depression, unhappiness, insecurity and poor confidence. Other's desires may take preference over yours. Inner criticism, that nagging voice of disapproval inside you, causes you to stumble at every challenge and challenges seem impossible

[Take the Self Esteem Quiz](#)

Self-esteem plays a role in almost everything you do. People with high self-esteem do better in school and find it easier to make friends. They tend to have better relationships with peers and adults, feel happier, find it easier to deal with mistakes, disappointments, and failures, and are more likely to stick with something until they succeed. It takes some work, but it's a skill you'll have for life.

***Find the good things about you, there are so many of them!***

### **10 ways to love you self now**



*Celebrate your past.* All of us will have things about our pasts that we just don't want to celebrate. However, think about it like this: everything that happened to you in the past made you the person you are today so embrace and celebrate that past because, without it, you wouldn't be you.

*Indulge in what makes you happy.* Now, not every desire should be indulged it, but sometimes I think it's important to recognize the things that make you happy, that inspire you, those things that truly bring you happiness.

*Let go of your mistakes.* Mistakes happen. To everyone. No matter what you look like, who you are, what you do for a living, you've made mistakes. We all have and they all suck. I look back on some of my mistakes and literally cringe. But you know what? It doesn't do you any good to focus on them. Take what you can from them, learn from them, and then move the on.

*Believe in yourself.* I frequently say, if you are not your own cheerleader, who will be? It's easier to get down on yourself than it is to lift yourself up, but if you want to love yourself, you have to change your mindset. You have to believe that you're worthy of love and you have to actively seek out positive things about yourself and your life. Believe me, if you don't do it, no one else will. Change the way you think about yourself and the rest will fall into place.

*Embrace your future.* Sometimes you find yourself in a tough spot, unhappy with your life and ultimately unhappy with yourself. Cut yourself some slack and remember that you have an exciting future ahead of you. Focus on what's to come and remind yourself that you can do *anything*.

*Dive into your passion.* Most people are passionate about something. They have things that really matter to them — whether it is a cause or a job or a loved one or a hobby. Whatever it is that gets you really excited, focus on it. Embrace it. Run with it. One of the best ways you can learn to love yourself is to zero in on the things that make you the happiest and spend as much time as you can on them.

*Live your life so you are proud of yourself.* This goes back to the belief that you have to love yourself and be your own cheerleader. Think about your actions, think of the consequences and live life so you would be proud of yourself. I know that this is not always but it's important that you do so. If you focus on the past or present, you're not loving yourself now. Love yourself by being present.

*Sing your own praises.* I know some people don't like toot their own horns, but you know what? It's okay to say how awesome you are every once and awhile. It's okay to admit that, wow, you did an amazing job on something or accomplished something you never thought you could. Celebrate yourself and your achievements and all of that self-love is sure to find you. Love your awesomeness because, seriously, you *are* awesome.

*Listen to your ideas.* Do you ever find yourself ignoring your instincts or avoiding your gut reaction? Don't do that anymore. If you want to love yourself, you have to *believe* yourself. You have to *trust* yourself. It's not always easy to listen to yourself, but recognize that your thoughts and ideas are always valid (no matter how ridiculous they might seem). You don't always have to act on your ideas, but always listen to them.

*Appreciate your life.* Okay, so there are some things you want to change about yourself, about your body, about your relationships, about your life? That's okay. We all want to change things. But what if you stopped focusing on the things you want to change and, instead, focused on the things you wanted to stay the same. Appreciating all that you have in your life is one of the very best ways to remember that you're so very lucky to be YOU.



## **Personal Activity**

You are who you are based on your past experiences. Looking at who you think you are break down in a 1 page paper:

\* of the three types of self– material, social, and spiritual self– which do you think best defines who you are. Think of it this way, one of these categories is the most important to you and if it is taken away, you will feel lost- which one is it and why.

Your self-esteem is greatly influenced by this definition of self and while we may not realize it, throughout our lives, this definition of self will be “taken away” and our self-esteem will be negatively impacted.