**15 Lessons**

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**Interpersonal Communications Final Project**

1. **Take the time to learn someone’s attitudes, beliefs, and values. Thus, you will understand them on a deeper level, as well as yourself in helping to better refine and define your own.**

Why? Attitudes, Beliefs, and Values are the three core reflections of a person’s self concept, and thus the three levels of a person. Often, people take only the time to learn the general attitudes, and not what makes the person the person – which is often a combination of all three categories. (Chapter 2)

2. **It’s important to take aspects from all the different styles of listening; Relational, Analytical, and Critical. You must listen and empathize to people’s feelings and emotions, as well as taking in all the facts while withholding judgment.**

Why? (Chapter 5) All the different styles of listening have positives, it’s important to focus on all the different styles to get a full, unbiased view on what the speaker is saying.

3. **Pay close attention to people’s nonverbal cues. Are they saying what they really mean? Because usually they are showing it.**

Why? Nonverbal communication is the most major communicator of true feelings and emotions over verbal communication. (Chapter 7)

4. **It’s crucial to have shared perception and an ongoing interdependent connection in a relationship. Relationships are dynamic; constantly changing and evolving. Each partner must rely fairly and equally on the other to meet needs and expectations.**

Why? (Chapter 9) This is the major downfall of my last relationship; we couldn’t be interdependent or independent.

5. **Remember the 7 steps to achieving forgiveness- confront the transgression; manage emotion; engage in sense making; seek forgiveness; grant forgiveness; negotiate values and rules; transition, monitor, maintain, or renegotiate.**

Why? I struggle with offering forgiveness when I feel the doer has not understood their wrong-doing. I want to get better at just letting things go. (Chapter 10)

6. **Take time to know and understand your partners love language. Express love as they need it to be expressed.**

Why? (Chapter 11) If you can not express love according to your partners love language, they will never be able to feel the love you are trying to express.

7. **Wait to form impressions, people can and will surprise you- if you give them the chance.**

Why? We tend to explain a person’s motives on the basis of what is most obvious, or what we would expect or have categorized them to be, rather than the more in-depth true reasons behind their actions. (Chapter 3)

8. **Words create our world, and thus are what construct our own perceptions of our environment (natural/physical, social, and otherwise) as well as others’; we must remember when selecting our word choice that it may me misconstrued or come off not as we intended. Being consciously clear with our words is to be understood and moreover, most effective.**

Why? Words can sometimes mean different things for different people depending on their experiences. (Chapter 6)

9. **Collaborate and Compromise. View conflict as a set of problems to be solved, rather than a game in which one person wins and another loses.**

Why? (Chapter 8) Conflict management is hard and can be handled in a lot of ways, often unsuccessfully. It’s important to be mindful and to want to make the best out of conflict-driven situations.

10. **Friends will come and go in life, but what is important that you will always have someone to share your goals, feelings, and experiences with. Have someone you can trust, always.**

Why? (Chapter 12) Friends change based on intimacy needs, location changes, and growing apart with time. Its just important to have friends.

11. **You create your self-worth largely with self-talk and labels you apply to yourself**

Why? “Words and thought are inextricably linked; the process of hearing, seeing, or saying influences different parts of the brain.” Words thus effect thoughts, and thoughts influence action and behavior.

12. **Use words of support and comfort if you want to see real changes made in your life. Be genuine rather than manipulative.**

Why? Extended “I” language can help you manage tension and disagreement, as well as creates a climate of defensiveness. It can also present yourself as an equal rather than superior.

13. **Be mindful and maintain and open mind when communicating with others as well as oneself.**

Why? Accurate perception begins with taking a big picture approach. If quick or rigid judgements are made preemptively, actions taken or decisions taken could be wrong or inappropriate. It’s better to wait until the situation is better, more fully understood.

14. **Try and pay attention to the health of all aspects of your self; the material, social, spiritual aspects. Are your possessions tangibly useful or just comfort? Is your home safe and good for your well-being? Are you taking care of your body? Are the people you’re around positive influences? Do they support your self-concept? Are you being mindful of your thoughts and values? Are you living according to your moral standards and beliefs?**

Why? Being well-rounded in your health is key to maintaining a positive and healthy self-concept and life in general.

15. **Don’t forget to smile. Smiling is cross-cultural and facial expressions are often contagious. Spread Positivity.**

Why? 93% of emotional meaning is communicated nonverbally, so showing kindness and a smile is key when you’re trying to convey positive vibe.