**15 Lessons**

**Bryn Loftness**

**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.**

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.**

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

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.**

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.**

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

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

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 be misconstrued or come off not as we intended. Being consciously clear with our words is to be understood and moreover, most effective.**

[-----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.**

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.**

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

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

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

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?**

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