**Bryn Loftness**

**Interpersonal Communication**

**Self-Concept Project**

**Who are you?**

1. Improving Your Communication Skills: Who Are You? (p 30)
   1. I am an artist
   2. I am resilient
   3. I am independent
   4. I am a feminist
   5. I am authentic and have worldly-experience
   6. I am a lover
   7. I am a proponent of technology and its benefits
   8. I am mindful
   9. I am supporting
   10. I am a believer in free-will and equal rights
2. Value/Beliefs/Like
   1. Values
      1. Respect
      2. Perseverance
      3. Passion
   2. Beliefs
      1. I believe that space and the environment is at the root of all existence and will continue to be
      2. I believe that all life is art (physically and in experience) – the human body, our reactions, the environment, our existence
      3. I believe that a good, whole-hearted music/dance party can mend any mood (at least temporarily)
   3. Likes
      1. I like learning and pushing my brain to understand new concepts
      2. I like creating and inspiring with art, my own or others’
      3. I like being loved and cared for

**What’s your communication style?**

1. Communication Social Style
   1. My result: Higher Orientation Towards Assertiveness (Score 26)
   2. My result: Higher Orientation Towards Responsiveness (Score 33)
2. SPCC Score
   1. Responses:
      1. 1. 87
      2. 2. 80
      3. 3. 90
      4. 4. 82
      5. 5. 90
      6. 6. 83
      7. 7. 85
      8. 8. 89
      9. 9. 82
      10. 10. 87
      11. 11. 89
      12. 12. 86
   2. Stranger – 86.25
   3. Acquaintance – 82.75
   4. Friend – 89.5
   5. Overall Total – 86.17
      1. 87 Indicates High SPCC, 59 Indicates Low

**Self Esteem/Facework**

1. Ability to Deal with Rejection – 59/100
   1. “*The potential of being rejected by others as a result of who you are or what you do tends to be at the back of your mind. Although you may not live with the constant fear of being tossed away by people in your life, you may sometimes go out of your way to attain the approval of others. And this approval does matter to you, at least to some degree. Rejection by the people in your life may not shatter your self-image, but it would be quite a blow that could lead to self-doubt, discouragement, and humiliation. Realize that the only approval you should be worried about is your own - and that the potential for rejection actually starts with you. If you don't fully respect and approve of yourself, you project an image to others that says "I am not worthy, I am not good enough for you", which can result in the very rejection you fear.*
2. Recent Communication Exchange
   1. Today my roommate casually asked me if she could take a picture of my outline I did for the Two-Dimensional Design class we are in together. At first I was reluctant to say anything because I’m not very comfortable sharing my work. Especially when I put in the effort and she would be mooching off my efforts, she could have managed her time to have completed the assignment on time. She noticed my hesitation and just went on to saying just a quick picture so she wouldn’t have to bring her book to the library. Knowing that she wouldn’t understand, I still had to explain to her my view on it and why I wouldn’t feel comfortable with her doing that. After trying to assertively explain my position I could tell she was upset with me and that she didn’t understand- especially because our other friend did her math homework for her the other day when she was behind. I didn’t want to seem like a bad friend but it conflicted with my values of self-determination and getting your own stuff done that you need done. This uncomfortable communication exchange made me feel bad because I didn’t want her to feel like I was a bad friend but also made me feel good because I know I did the work and that I deserve and reserve the right to tell people no when they want to copy it.

**Your Self Concept**

1. Attachment Style
   1. I would say my attachment style is anxious attachment. I have trouble receiving affection in my intimate relationship as well as occasionally in my friendships. However, I feel I share traits with a Avoidant attachment style in that I have become very self-reliant and do have doubts about romantic love, as it says is a major consequence within the textbook. I send fewer phone calls and text messages because I want space and because I want to do my own thing, but also because I don’t want to deal with the stress of my relationship with my significant other. I have found friends, specifically my closest friend here Angela, who I think shares these traits (generally). We spend lots of our time together and have a mutual understanding of each other’s needs.
2. Online Self versus Face to Face Self
   1. Online I definitely censor what I say more. I know I am speaking to multiple members from the variety of my friend groups, each who know me differently. I have parts of me that overlap, those topics are what I share most on social media. I share art I like, music I like, and sometimes things that make me laugh. Most things I say are pretty general as opposed to the more intimate face-to-face conversations I have on a regular basis.
3. Group Self
   1. RHC (Residence Hall Counsel) – Really the only group I am committed to right now. Has a lot of meaning to me because it is mostly consisting of only my close-knit friend group. We get to plan things and make things, which is a lot of fun. My creative and project planning side of me loves it.
4. Symbolic Awareness
   1. Float On – Modest Mouse
      1. Song just talks about the dinky things that can happen in life and that it’s ok because you live and learn and float on. This has been a theme song of mine forever. It’s positive vibe is contagious and so I really relate and feel it’s lyrics and sound.
5. This I Believe(5 sentences)
   1. I believe that, though there may be situational limits that one is faced with, we as humans have unlimited possibilities for our paths. We may be tested and tried, but with determination and intrinsically-driven motivation, we can make our own decisions and our own adventures. It should be every humans goal to find art, make art, share art, and be art in everything we do and achieve. Life—biologically, naturally, and experientially—

is beautiful, we should be addressing and adding to that beauty, not solely trying to capitalize and manipulate it for our own manifestations without concern of others’ desires, that is not art. Art is meant to be shared, as is this world and life.