Name: Joseph Camacho-Terrazas

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Assignment: Interpersonal Development Assignment #2 Recognizing and Shaping Nonverbal Behaviors

Class: CEP 300 V Human Relations Training

Instructor: Kerstin L. Miller

**Recognizing and Shaping Nonverbal Behaviors: Time to Practice**

**It takes practice to effectively develop the ability to recognize, interpret, adapt, and implement effective nonverbal patterns of communication. Throughout the next week, practice noticing and reflecting on nonverbal behaviors during an interpersonal exchange. Use the following worksheet to document and monitor your progress.**

**\*\*\*Your safety is most important. If you live with someone or are regularly around someone, please try to practice this skill in-person. However, given the recent self-quarantines, please feel free to complete this assignment via any form of video chat. Please contact the instructor if you are still having difficulty completing this assignment due to the recent developments regarding COVID-19 or technology limitations.**

**Entry 1:**

The person I was communicating with: My girlfriend

Day and time: Saturday 3pm

Rate how well you think you did noticing and adapting to the following nonverbal behaviors

(See worksheet for numerical ratings and type the number that expresses your honest reflection next to the following items):

* Facial Expressions and Eye Contact: 3
* Tone of Voice: 4
* Body Posture: 4
* Physical Contact: 4
* Timing & Intensity: 4
* Consistency Between Verbal and Nonverbal Behaviors: 4
* Paying Attention to Multiple Nonverbal Cues: 4

Notes: Use the space below to reflect on this communication exchange? What went well? What could have gone more effectively? What were your reactions to this exercise? You also might comment on anything that you noticed about this interpersonal exchange that was not captured in the rating scale above: (minimum response 100 words): After having this exchange, I feel that overall it went decent for my first time trying to recognize these nonverbal behaviors. I rated my recognition about average for all of these behaviors. I think this first time I was a little overwhelmed with trying to notice everything. Next time I will be a little more relaxed and try to notice the nonverbal behaviors in a more natural way. I may have made the speaker a little uneasy just staring and watching every little thing they did. But I was able to pickup several behaviors such as eye-rolling, arm-crossing, and various other hand movements. My overall reaction is that this seems like a fun exercise now that I have done this initial observation, and I will get better with practice.

**Entry 2:**

The person I was communicating with: My girlfriend

Day and time: Sunday 10:30 am

Rate how well you think you did noticing and adapting to the following nonverbal behaviors

(See worksheet for numerical ratings and type the number that expresses your honest reflection next to the following items):

* Facial Expressions and Eye Contact: 5
* Tone of Voice: 5
* Body Posture: 5
* Physical Contact: 5
* Timing & Intensity: 5
* Consistency Between Verbal and Nonverbal Behaviors: 4
* Paying Attention to Multiple Nonverbal Cues: 4

Notes: Use the space below to reflect on this communication exchange? What went well? What could have gone more effectively? What were your reactions to this exercise? You also might comment on anything that you noticed about this interpersonal exchange that was not captured in the rating scale above: (minimum response 100 words): Today’s exchange went quite a bit better than yesterdays. This time, I eased up on my observation, and being more natural helped a lot when trying to notice these behaviors. This was a more relaxed conversation, so the speakers posture and tone of voice reflected this. The same goes for the timing and intensity, it was just very natural and relaxed. I still feel like I need to noticing multiple cues. My speaker uses their hands to express themselves very frequently. I feel like I got distracted by that a lot of the time and didn’t notice other behavior cues. Other than that, I believe most of these observations improved from the last session.

**Entry 3:**

The person I was communicating with: My Girlfriend

Day and time: Monday 12pm

Rate how well you think you did noticing and adapting to the following nonverbal behaviors

(See worksheet for numerical ratings and type the number that expresses your honest reflection next to the following items):

* Facial Expressions and Eye Contact: 5
* Tone of Voice: 6
* Body Posture: 5
* Physical Contact: 5
* Timing & Intensity: 5
* Consistency Between Verbal and Nonverbal Behaviors: 5
* Paying Attention to Multiple Nonverbal Cues: 4

Notes: Use the space below to reflect on this communication exchange? What went well? What could have gone more effectively? What were your reactions to this exercise? You also might comment on anything that you noticed about this interpersonal exchange that was not captured in the rating scale above: (minimum response 100 words): After having this exchange, I felt like I got really good practice in all observation areas. This conversation was on the emotional side for the speaker, and they gave off lots of behavior cues. It was a little bit overwhelming to keep up between having a reflective conversation and noticing all these cues, but I was able to do the activity. This time, the speaker was very expressive with their face and hands. I noticed this through basically the entire conversation. I also noticed that the speaker’s posture tended to change a lot. As for intensity, it was a bit higher than previous conversations. However, I believe I was able to maintain composure and stay on track with my observations. This exchange was a big change of pace and offered a lot of information that I can use to improve in subsequent exchanges.

**Entry 4:**

The person I was communicating with: My Girlfriend

Day and time: Tuesday 2pm

Rate how well you think you did noticing and adapting to the following nonverbal behaviors

(See worksheet for numerical ratings and type the number that expresses your honest reflection next to the following items):

* Facial Expressions and Eye Contact: 5
* Tone of Voice: 5
* Body Posture: 5
* Physical Contact: 5
* Timing & Intensity: 5
* Consistency Between Verbal and Nonverbal Behaviors: 4
* Paying Attention to Multiple Nonverbal Cues: 4

Notes: Use the space below to reflect on this communication exchange? What went well? What could have gone more effectively? What were your reactions to this exercise? You also might comment on anything that you noticed about this interpersonal exchange that was not captured in the rating scale above: (minimum response 100 words): Today’s exchange involved a small disagreement. This was a conversation about politics, so it’s easy to disagree when it comes to this topic. But I found that it was a great time to practice observing some new nonverbal cues. This time I noticed quite a few new things. I noticed there wasn’t too much eye contact and a lot of eye rolling. I also observed that the speaker’s tone of voice and intensity reflected frustration. The speaker also threw their hands in the air frequently and crossed their arms. I found that in a more intense conversation like this, it was a little harder too keep track of multiple cues. Overall even though this was a conversation on a controversial topic, it was still interesting to see how the same person exhibits different behaviors in different situations.

**Entry 5:**

The person I was communicating with: My Girlfriend

Day and time: Wednesday 8pm

Rate how well you think you did noticing and adapting to the following nonverbal behaviors

(See worksheet for numerical ratings and type the number that expresses your honest reflection next to the following items):

* Facial Expressions and Eye Contact: 5
* Tone of Voice: 5
* Body Posture: 5
* Physical Contact: 5
* Timing & Intensity: 5
* Consistency Between Verbal and Nonverbal Behaviors: 5
* Paying Attention to Multiple Nonverbal Cues 5

Notes: Use the space below to reflect on this communication exchange? What went well? What could have gone more effectively? What were your reactions to this exercise? You also might comment on anything that you noticed about this interpersonal exchange that was not captured in the rating scale above: (minimum response 100 words): Today’s exchange went quite well and I feel like I was able to observe each item effectively. During this exchange, the speaker used considerably less hand and arm gestures. I’m guessing this is due to them being relaxed during this exchange. Being that this was a calm and relaxed exchange, the speaker’s nonverbal behavior reflected this. I also did a good job on keeping up with multiple cues, but that could have also been due to the relaxed nature of the exchange, and the speaker wasn’t really giving off too many cues at the same time. Overall, I was pleased with this exchange and my growing ability to recognize nonverbal behaviors.

**Entry 6:**

The person I was communicating with: My girlfriend

Day and time: Thursday 10pm

Rate how well you think you did noticing and adapting to the following nonverbal behaviors

(See worksheet for numerical ratings and type the number that expresses your honest reflection next to the following items):

* Facial Expressions and Eye Contact: 5
* Tone of Voice: 5
* Body Posture: 5
* Physical Contact: n/a
* Timing & Intensity: 5
* Consistency Between Verbal and Nonverbal Behaviors: 5
* Paying Attention to Multiple Nonverbal Cues 5

Notes: Use the space below to reflect on this communication exchange? What went well? What could have gone more effectively? What were your reactions to this exercise? You also might comment on anything that you noticed about this interpersonal exchange that was not captured in the rating scale above: (minimum response 100 words): Today’s exchange was a little different than the rest. I was the only one at home, so I had to use a Discord video call to have this exchange. This presented a few challenges to this assignment as the speaker had a slow internet connection which resulted in poor video and audio quality. Nonetheless I was able to complete the evaluation. During this exchange, the speaker didn’t show their usual amount of nonverbal expressions. I believe this to be due to their reported dislike of being on camera. However, I still noticed their tone of voice, intensity, posture and facial expressions. They were all calm, but I noticed the speaker seemed to be holding back their expressions, which did not reflect the conversation. Again, I think this is due to shyness in front of the camera.

**Entry 7:**

The person I was communicating with: My female friend

Day and time: Friday 3:30am

Rate how well you think you did noticing and adapting to the following nonverbal behaviors

(See worksheet for numerical ratings and type the number that expresses your honest reflection next to the following items):

* Facial Expressions and Eye Contact:5
* Tone of Voice:5
* Body Posture:5
* Physical Contact:n/a
* Timing & Intensity:5
* Consistency Between Verbal and Nonverbal Behaviors:5
* Paying Attention to Multiple Nonverbal Cues 5

Notes: Use the space below to reflect on this communication exchange? What went well? What could have gone more effectively? What were your reactions to this exercise? You also might comment on anything that you noticed about this interpersonal exchange that was not captured in the rating scale above: (minimum response 100 words): For this exchange, I had to use a video chat again due to nobody else being in my home. I convinced a friend to chat to add some variation to my observations. This conversation was about our upcoming semester and the state of things. Overall the tone and intensity were calm. The speaker exhibited a few different nonverbal behaviors from my previous one. The speaker tends to not look at the listener when talking to them. This could possibly be due to them looking at their computer screen whilst in the call. Another thing I also noticed is that the speaker didn’t use their face much to express themselves. It was mainly through a few hand gestures I could see when the speaker’s hands were in view of the camera. I felt that I did good recognizing multiple cues as there weren’t many I could see on camera. Overall, I feel that my nonverbal behavior recognition skills have definitely improved over the course of this assessment.