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Interpersonal Communication (COMM 218)

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Assignment: Sample Implementation

Date Due: 7/25/2017

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**Sample Implementation**

In order to implement the strategy designed to limit verbal abuse and other agressive communication with my eight year old daughter, I had to meta-communicate with her about what her role in the change would be. I informed her that she is to raise her hand when she feels threatended by my yelling or use of a hurtful tone. This nonverbal communication (sign) would serve as a cue for me to implement the change.

**“Description”**

I started the implementation over the weekend, which was ladened with high-risk situations. Saturday morning we had our first interaction/conflict. The context of the situation was at home getting ready to leave for grandma's house. I gave her instructions to get her hair and teeth brushed, then left the room to tend to other chores. I returned five minutes later to find her on the couch watching her ipad, and her teeth nor hair had been brushed.

"What did I tell you to do !", I exclaimed rhetorically.

Immediately her little hand shot up into the air like she was weilding some kindom saving sword. She didn't say a word, but nonverbally her body language and facial expressions delivered a message of power . At this time I knew the strategy was not going to be easy to implement.

I took a deep breath and responded as calmly as possible, "Please, brush your teeth. We are leaving for your grandmother's in 5 minutes."

"Yes, sir.", she said in her most polite tone. I knew it was all an act. But at least the interaction was over. I responded with a cordial "Thank you" and she reciprocated with "You're Welcome".

She went to the movies with her grandmother, which gave me a needed break to self-monitor. She was back in my care by the afternoon. Similar interactions occured throughout the day. I noticed that she was able to recognize my nonverbal cues and anticipate agression. She used this awareness to taunt me verbally, "Do I need to raise my hand?" or non-verbally by raising her hand half-way. It was very frusting for me to communicate in this manner, but it did make me aware of my emotions. I felt a shift from agression to frustration.