

Hammad Khan

Reflection Journal Prompt 2

CA 104

The way I believe other people view me is referred to as my perceived self, whereas my expected self is the person I strive to fulfil. Although I consider myself to be a conscientious and responsible person, I am aware that I have room to improve my self-assurance when I am in social settings. A person who is not just knowledgeable but also radiates certainty and is approachable is the person I envision myself to be.

Impression management is a strategy that I may use to bridge the gap between my perceived self and the self that others expect of me. I may think of this as a toolset that I can use to portray the best version of myself to other people. For instance, if I want to give the impression that I am more self-assured, I may improve on my body language by telling my posture and maintaining eye contact. Moreover, selecting my words with care in order to articulate my opinions in a clear manner contributes to the impression that I am more authoritative.

My experiences in a variety of social contexts have taught me that the way I portray myself has an impact on the way other people connect with me. If I want to be viewed as a member of the team, I make it a point to participate actively in group conversations and to provide assistance to my contemporaries. The fact that this is consistent with my ideal self helps to cultivate a favourable impression.

Maintaining a positive impression does not include being dishonest; rather, it involves promoting the characteristics that are representative of the person I want to become. In the context of professional settings, this may mean highlighting my abilities and professional achievements. The manner in which individuals work with me is positively impacted when they have the perception that I am capable.

One of the tools that will help me achieve my goals is gaining an understanding of the power of impression management. If I want to be recognised as a leader, I need to exhibit attributes that

are associated with leadership. I am able to truly embody my expected self with the support of this knowledge, which informs my behaviours and the choices I make about communication.

Through the use of impression management, I am able to negotiate the link that exists between my perceived being and my expected being. By making deliberate decisions regarding my actions and expressions, I am able to bridge the gap and bring the way people see me into alignment with the person I want to become.