2/26

* Describe the behavior
* Give two possible, plausible interpretation
* Request feedback of confusing behavior
* Self Concept
  + The way you see yourself
  + Your image of who you are as a person
  + How you define yourself
  + Your perception of yourself
  + Can develop from two sources:
    - Our own perception
    - The reactions of others to us
* Self-esteem
  + How you value yourself
  + Has the negative or the positive attached to yourself concept
  + Comes from a largely negative self concept
* Positive self esteem leads to more positive communication
* Self confidence
  + A prediction of how capable a person is to make themselves out to be
  + High self concept or low self concept decide your self confidence