**COM-115 Assignment 1: Self-Concept Worksheet & Plan**

**Part 1: Understanding *Self***

**Who Am I? Reflection**

Complete the following.

Name: Lavan Bradley

Write ten “I am” statements.  Refer to Ch. 2 in your text for guidance.

1. I am addicted to growth.  
2. I am focused on my future.  
3. I am supportive to my family.  
4. I am afraid of failing.  
5. I am anti-social.  
6. I am loving.  
7. I am self driven.  
8. I am a problem solver.  
9. I am disciplined.  
10. I am patient.

**Attitudes, Beliefs and Values**

Refer to Ch. 2 in your text for guidance on the definitions for each of these terms. Then answer the following questions

* List one thing that you like (attitude). How does this affect your day to day life?

I like kind people. This forces me to be kind.

* List one thing that you dislike (attitude). How does this affect your day to day life?

I dislike dismissiveness. This affects me because when people are dismissive to me, I tend to get upset.

* List two strong beliefs you have and describe how each of these beliefs affects your behavior and/or your interaction with others.

I believe people should treat others like they like to be treated. This affects me because it forces me to act accordingly by treating others how I’d like to be treated. I also believe people should be helpful if they can. This in turn forces me to help when I can.

* List two of your values and describe how each of these values affects your behavior and/or your interaction with others.

I value honesty, this makes me an honest person.

I also value humor. This affects me because not all people value humor, which puts me in some pretty awkward situations.

**Part 2: Communication Social Style and *Self***

**What’s Your Communication Social Style?**

The following questionnaire lists twenty personality characteristics. Please indicate the degree to which you believe each of these characteristics applies to you, as you normally communicate with others, by marking whether you (5) strongly agree that it applies, (4) agree that it applies, (3) are undecided, (2) disagree that it applies, or (1) strongly disagree that it applies. There are no right or wrong answers. Work quickly; record your first impression.

        4       1. helpful

          5     2. defends own beliefs

        5       3. independent

         3      4. responsive to others

        3       5. forceful

          1     6. has strong personality

        4       7. sympathetic

         5      8. compassionate

         3      9. assertive

          3     10. sensitive to the needs of others

         1      11. dominant

         5      12. sincere

          5     13. gentle

          3     14. willing to take a stand

         3      15. warm

          3     16. tender

         5      17. friendly

        1       18. acts as a leader

         1      19. aggressive

          3     20. competitive

**Scoring the Questionnaire**

Items 2, 3, 5, 6, 9, 11, 14, 18, 19, and 20 measure assertiveness. Add the scores on these items to get your assertiveness score. Items 1, 4, 7, 8, 10, 12, 13, 15, 16, and 17 measure responsiveness. Add the scores on these items to get your responsiveness score. Scores range from 50 to 10. The higher your scores, the higher your orientation toward assertiveness and responsiveness. Record your scores below:

* Assertiveness score: \_\_\_26\_
* Responsiveness score: \_\_\_37\_\_\_\_

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Based on your answers to the questionnaire above, answer the following questions.

* What surprised you?  
  I wasn’t really surprised. I feel that’s a fair score.
* What did not surprise you?  
    
  I wasn’t surprised that I’m not assertive.
* Are you more likely or less likely to self-disclose?  Explain your thoughts.  
  It depends on the situation. I’d like to only self-disclose to my family and friends. I feel I already do this and will continue to.
* What are your self-disclosure trends in social media?  
    
  I tend to only post things about my family and love ones.

**Reflection**

Based on the questionnaire results, answer the questions below as you reflect on your communication social style and self.

* What are you doing well, what are your strengths?    
    
    
  I’m currently doing well in not giving up. I’ve done that a lot in life. But currently, in my web development journey, I feel I have found something I love and that pushes me to continue. I have already found a job and I’m continuing my education because I want to learn more.
* How do you plan to capitalize on your strengths?   
    
  My plan to capitalize on my strength is to strike while the iron is hot. Meaning, I want to use this newfound motivation to take me as far as possible.
* What areas have you identified that you want to improve?    
  I want to improve on my focus and communication skills.
* How do you plan to improve on those areas?  
    
  My plan to improve on these areas is just to do it more. I find that’s the only way I get better at things, by actually doing them.

**Part 3: Communication Social Style and Others**

**Communication with Others**

Answer the following questions.  Write your responses in at least 50 words.

* Consider two different people that you know well.  What do you identify as their dominant communication social style?  List at least three specific behaviors to justify your response. Answer in the space below.
* Describe a situation in which you would adapt or not adapt your communication social style.  Would you be more assertive or responsive toward someone else in that situation? Explain your response. Answer in the space below.

**Schutz’s Inclusion, Control, and Affection**Schutz’s tenets of inclusion, control, and affection are helpful for understanding how interpersonal relationships function.  In this section, you will apply his tenets to a recent interpersonal interaction. Then, you will explain how Schutz’s identification of these three primary social needs affect your communication with others.

* To begin, reflect on an ongoing interpersonal relationship. For example, a co-worker, a close friend, or a family member.
* Answer the following questions with specific examples from interactions with the person. Refer to section “Self and Interpersonal Needs” in Ch. 2 of your text for guidance.  
  + Who is the person you are referencing in this section? Describe this relationship.
  + What is the level of inclusion in this relationship?
  + What is the level of control in this relationship?
  + What is the level of affection in this relationship?
  + On a scale of 1-10 (1 being the lowest and 10 being highest), what is your level of satisfaction with the relationship? Explain your answer.