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

**Part 1: Understanding *Self***

**Who Am I? Reflection**

Complete the following.

Name:

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

1. I am smart  
2. I am capable  
3. I am resourceful  
4. I am blessed  
5. I am healthy  
6. I am respected  
7. I am respectful  
8. I am funny  
9. I am weird  
10. I am positive

**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?

Money: I will always have a positive attitude for money. I am not materialistic. I just find comfort in managing my money well and always try to handle it well

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

Fruit: I do not like fruit, not a single one. I don’t know why, but if I try to eat any fruit, I will literally vomit. I really wish that I did like fruit and could eat it. But it is always the same result

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

Karma and Honesty : I believe that eventually bad things will come back to you if you are not a good person. If you tell the truth (most of the time) you never have to worry about your words coming back to haunt you

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

Character and Punctuation: I what you do or how you act when you believe no one is watching is what defines you as a person. Being on time or sticking to your word puts out a very positive image of you to other people

**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

        4       3. independent

        3       4. responsive to others

        2      5. forceful

        4      6. has strong personality

        2       7. sympathetic

        2       8. compassionate

        4       9. assertive

        2       10. sensitive to the needs of others

        2       11. dominant

        2      12. sincere

        3       13. gentle

        4       14. willing to take a stand

        3       15. warm

        3       16. tender

        4      17. friendly

        3      18. acts as a leader

        2       19. aggressive

        5       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: \_\_\_\_33\_\_
* Responsiveness score: \_\_\_28\_\_

**Source:**J. C. McCroskey and V. P. Richmond. *Fundamentals of Human Communications: An Interpersonal Perspective*. Reprinted with permission of James C. McCroskey and Virgina P. Richmond.

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

* What surprised you?  
    
  That my responsiveness score was almost even with my Assertiveness score
* What did not surprise you?  
    
  That my scores where not very high on either one (roughly and average of 3.0 out of 5). I tend to be a more neutral person
* Are you more likely or less likely to self-disclose?  Explain your thoughts.

I am less likely to self disclose. I don’t really converse with other people or coworkers that I am around unless they start talking first. If they never start talking with me, then I don’t typically talk at all. I once had a roommate for a year and never learned his name because we only said a handful of words to each other in the whole year. I am not ashamed of this or anything, I just typically don’t open up very easy or self disclose information about myself unless someone else has directly asked me about something.

* What are your self-disclosure trends in social media?

I tried to use social media several years ago. I post something on social media (a picture maybe) once or twice a year.

**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 am who I am. I am more of an introvert until someone really gets me talking, then I will talk a decent amount. I will speak up if I believe I have something to say or input to add.

Otherwise I tend to think more

* How do you plan to capitalize on your strengths?
* What areas have you identified that you want to improve?    
    
  Sincerity and sympathetic: I do want to be more sincere with other people. Although sympathetic is the word used in this assignment, I would rather improve my empathy. I prefer to picture myself as another person to feel how they feel or understand from my own experiences to help them.
* How do you plan to improve on those areas?

To listen intently if someone is coming to me with a problem. Instead of just responding with “That’s not good” or “That sucks” I would rather provide help or brainstorm with them ways to improve their situation

**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.

Taking my girlfriend and my best friend into this question: I believe my girlfriend is more responsive and my best friend is more assertive. My girlfriend is more caring to the needs of others and really stands out as helpful, sympathetic, and caring. While my best friend stands out more acts as a leader, willing to take a stand, and independent.

* 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.

If my girlfriend came to me crying, I would definitely bend and be more responsive, particularly in sympathy. It doesn’t matter what she is crying about or how I feel about the situation of what she is crying about(even if I think it’s a ‘dumb’ reason to cry) I would still be there trying to comfort and try to be warm and tender for her sake.

**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.  
      
    My best friend. We grew up together, joined the military together, live across the country now but still talk daily.
  + What is the level of inclusion in this relationship?   
      
    We chat daily and often call each other after work to see if the other one will be playing a game that night. A few nights out of the week we will game with each other, since we live across country now
  + What is the level of control in this relationship?  
      
    No control hardly in this relationship. We are just friends, we don’t tell each other what to do. We do often seek advice from each other
  + What is the level of affection in this relationship?  
      
    I would say that there is almost now affection. Definitely no warmth or intimacy. There is however, a lot of support, and deep, deep down, there is brotherly love. But support between us has always been our largest portion of affection
  + 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.

This is my complete ideal friendship, 9/10. We talk trash on each other literally all of the time, and joke about each other. But we both know we are kidding and at the end of the day we support each other 100%