What you Believe

Name (First M\_Last)

Institution Name

1. My beliefs about interpersonal communication
* Belonging to different cultures may be a barrier to effective communication
* If one is a good listener, that is good but communicate with the other person too. Stares make the whole conversation awkward.
* Females are more effective in communication than men. They are good expressers and communicators.
* If there is any conflict, instead of angry debates and shouting, it can be completely resolved through calm communication.
* If there are nobody gestures involved in the communication, it misleads the other person to think that one is not listening and he/she takes it as a cold response. A person needs to make eye contact, nod or make gestures that make other person believe that his/her listener is actually interested in communication.
* The listener should be , and he/she should disregard prejudice, narrow-mindedness and biases else communication will take an awkward turn.
* Using mobile phones while communicating gives another person a clear signal that his/her listener is not interested in making conversation at all. Stop using your phone while having a conversation
* Understand the perspective of another person while having a conversation. For instance, if the person is against something, there may be a chance he/she has experienced something bad about it.
1. My beliefs about my ability to communicate effectively.
* I understand that being a human I can be wrong at anything too. I embrace what is right while having a conversation instead of being stubborn about it.
* I try to look “alive” while I am communicating. I use my body language and facial expressions to comfort another person that I am actually listening to him/her.
* I cannot share my emotions well in conversations, but I still try to do the best I can.
* I don’t like raising my voice even if I am right in an argument. I try to convey my view of point calmly.
* Before I speak, I put myself in other person’s shoes first. I try to think what and why another person is into and according to that person’s perspective, then I clear my point.
* I find myself alert and focused while communicating with girls and transgender. I always try to be careful that I do not say something that might hurt their feelings.
* I try to avoid being judgmental and listen to other people well.
* I often find myself in trouble while I am communicating with persons that belong from different religions and cultures. I get so confused that I’ll say something that will not make sense at all and may offend the other person.

How do these beliefs influence my communication with others?

I always stay confused while I am communicating. Although I don't mean to, I think and care about it so much that something impropriate and hurtful will come out of my mouth, and it will offend the person that is in front of me. But with the time, my troubles in having communication are getting better and better. I spent so much time learning the psychology of women and transgender, their behavior and responses. Moreover, I also learn a lot about different cultures and religions to educate myself. So that I’ll become more effective in communication. I try not to raise my voice, give positive signals and listen to others with attention, this has helped me a lot, and many of my friends and classmates share their problems with me because they think I am a good listener and I give them fair and genuine advice.

At first, I use to purposelessly pass judgments about others; I was not careful from the very start. I use to offend so many people on a daily basis, unless one day I experienced it myself. I then came to know who much worse it feels like when you get offended. From that day onwards, I decided I'll change myself, and I'll take care of the things that come out of my mouth. I thought that because I believe that words can do both; they can mend as well as they can break someone's heart and emotions. Now, I try to stay positive in my conversation, no matter how harsh the person in front of me gets. I try to give an answer with education, not by raising the voice.

 Moreover, I remain careful not to make insinuating remarks to people who hold different political views than me. I am careful about speech that is considered politically incorrect so as to not sound disrespectful to any community or a minority group. In fact, I try to steer away any conversation that is moving towards such a scenario by changing the topic or the way I am engaging with the topic. Usually when I am responding to criticism, I remember the fact that the criticism is not directed at me, but rather to a viewpoint that I hold which the other person disagrees with. Therefore I am not easily offended by differing views, and vice versa, try not to offend others in a manner that seems derogatory.