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# Intrapersonal Communication

The first level of communication

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# INTRAPERSONAL COMMUNICATION

- ✓ Define Intrapersonal Communication: “A person’s internal use of language and thought.”



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# Perception

- The process of using our senses to understand and respond to stimuli.
  - The perception process occurs in four stages:
    - Attending & Selecting
    - Organizing
    - Interpreting
    - Retrieving
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# Attending & Selecting

- The first stage of the perception process, requiring us to use our visual, auditory, tactile, and olfactory senses to respond to stimuli in our environment.
  - We choose to attend to some stimuli and to ignore others

(Smelling cookies baking could distract you from studying, hearing the kids playing next door could keep you from focusing, etc.)

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# Organizing

- Second stage in the perception process. It involves categorizing stimuli to make sense of them.
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# Interpreting

- The third stage in the perception process. It involves assigning meaning to stimuli.
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# Retrieving

- Four stage in the perception process - it involves recalling information we have stored in our memories.
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# Mindful

Having the ability to engage our senses so that we are observant and aware of our surroundings.

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# Selective Perception

- Directing our attention to certain stimuli while ignoring others.
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# Relational Schema

- A mental framework or memory structure that we rely on to understand experiences and to guide our future behavior in relationships.

(If someone has hurt us before we grow wary, if friends act in a way they should, they teach us how to be good friends, etc.)

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# Stereotyping

- Categorizing individuals according to fixed impression, whether positive or negative, of an entire group to which they belong.
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# Selective Retention

- Recalling information that agrees with our perceptions and selectively forgetting information that does not.
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# Influences on Perception

- Culture
  - Gender
  - Physical Factors (Age, Health, Ability)
  - Technology
  - Our Sense of Self
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# Self-concept

A relatively fixed set of perceptions we hold of ourselves. This is everything we believe about ourselves.

**Self-Awareness** - our understanding of who we are      AND

**Self-Esteem** - an evaluation of who we perceive ourselves to be (how we feel about our talents, abilities, etc.)

Make up our self-concept

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# Self-Fulfilling Prophecy

A prediction or expectation about our future behavior that is likely to come true because we believe it and thus act in ways that make it come true.



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# Self-Actualization

- the realization or fulfillment of one's talents and potentialities, especially considered as a drive or need present in everyone.



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# INTRAPERSONAL EXPECTATIONS

- “future-oriented messages dealing with long-term roles, sometimes called life scripts. These sometimes are projections of learned relationships within the family or society.”
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# INTERNAL DISCOURSE

- “a constructive act of the human mind and a tool for discovering new knowledge and making decisions.”
  - Think about Homer Simpson and his dilemma and how he thought through the solution...
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# SOLO VOCAL AND SOLO WRITTEN COMMUNICATION

- ✓ What is solo vocal communication? “Solo vocal communication includes speaking aloud to oneself. This may be done to clarify thinking, to rehearse a message intended for others, or simply to let off steam. Example: Talking to yourself as you complain about your boss.”
  - ✓ What is solo written communication? “solo written communication deals with writing not intended for others. Example: An entry in a diary or personal journal.”
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# SELF-TALK

- ✓ What is negative self talk? “The expression of thoughts or feelings which are counter-productive and have the effect of demotivating oneself.”
  - ✓ What is positive self talk? “anything said to oneself for encouragement or motivation, such as phrases or mantras; also, one's constant internal conversation”
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# THE JOHARI WINDOW

<u>Johari Window</u>	Known to self	Unknown to self
Known to others	OPEN PANE	BLIND PANE
Unknown to others	HIDDEN PANE	UNKNOWN PANE

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