

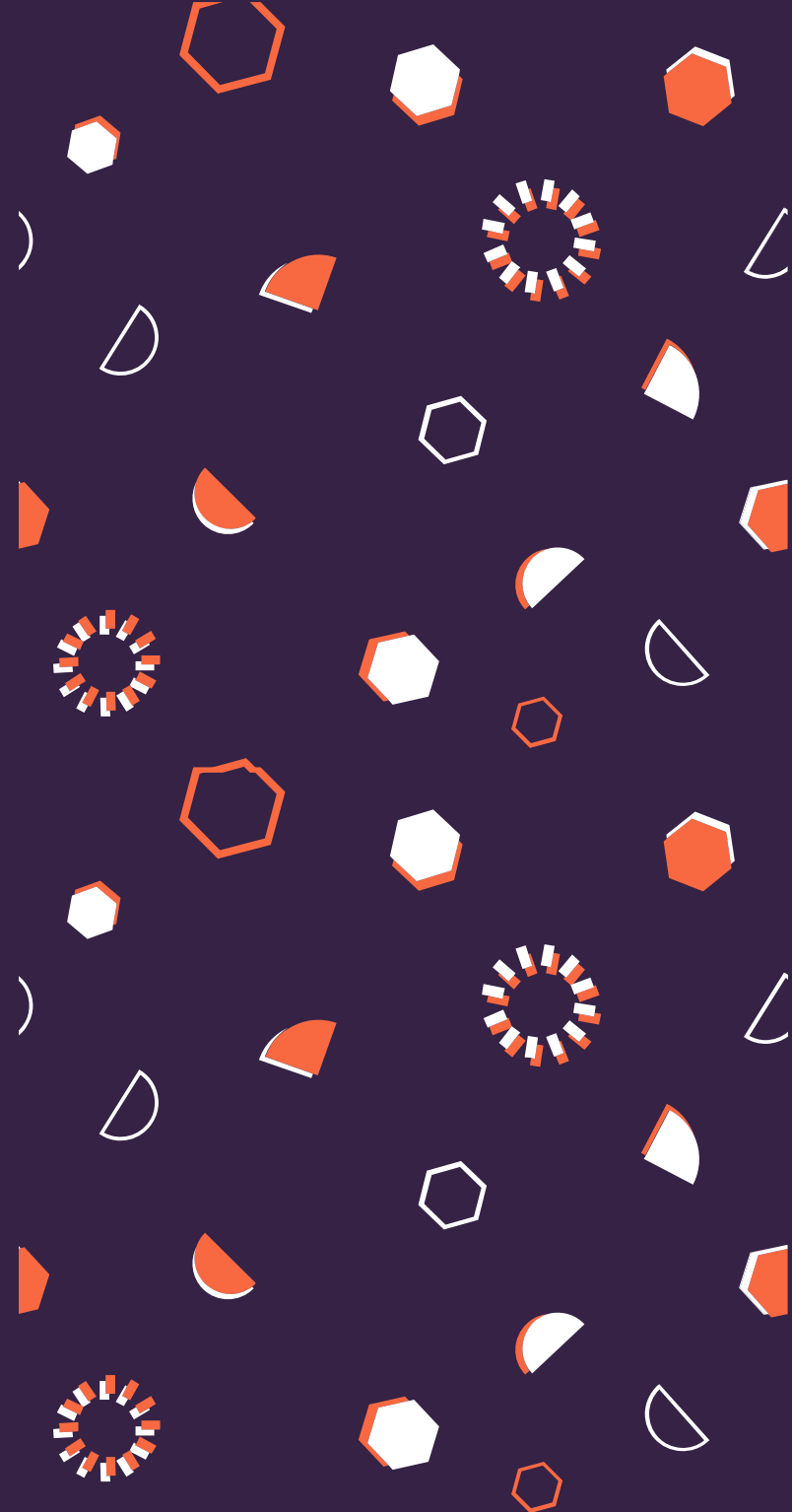
COMMUNICATION & PERSONAL IDENTITY

WOOD: COMMUNICATION MOSAICS , 7E

DIRECT DEFINITION

COMMUNICATION THAT
EXPLICITLY TELLS US
WHO WE ARE BY
LABELING US AND OUR
BEHAVIORS.

THIS **DIRECTLY**
EFFECTS SELF-
FULFILLING
PROPHECIES.



SELF DISCLOSURE

REVEALING PERSONAL
INFORMATION ABOUT
OURSELVES THAT
OTHERS ARE **UNLIKELY**
TO LEARN ON THEIR
OWN.

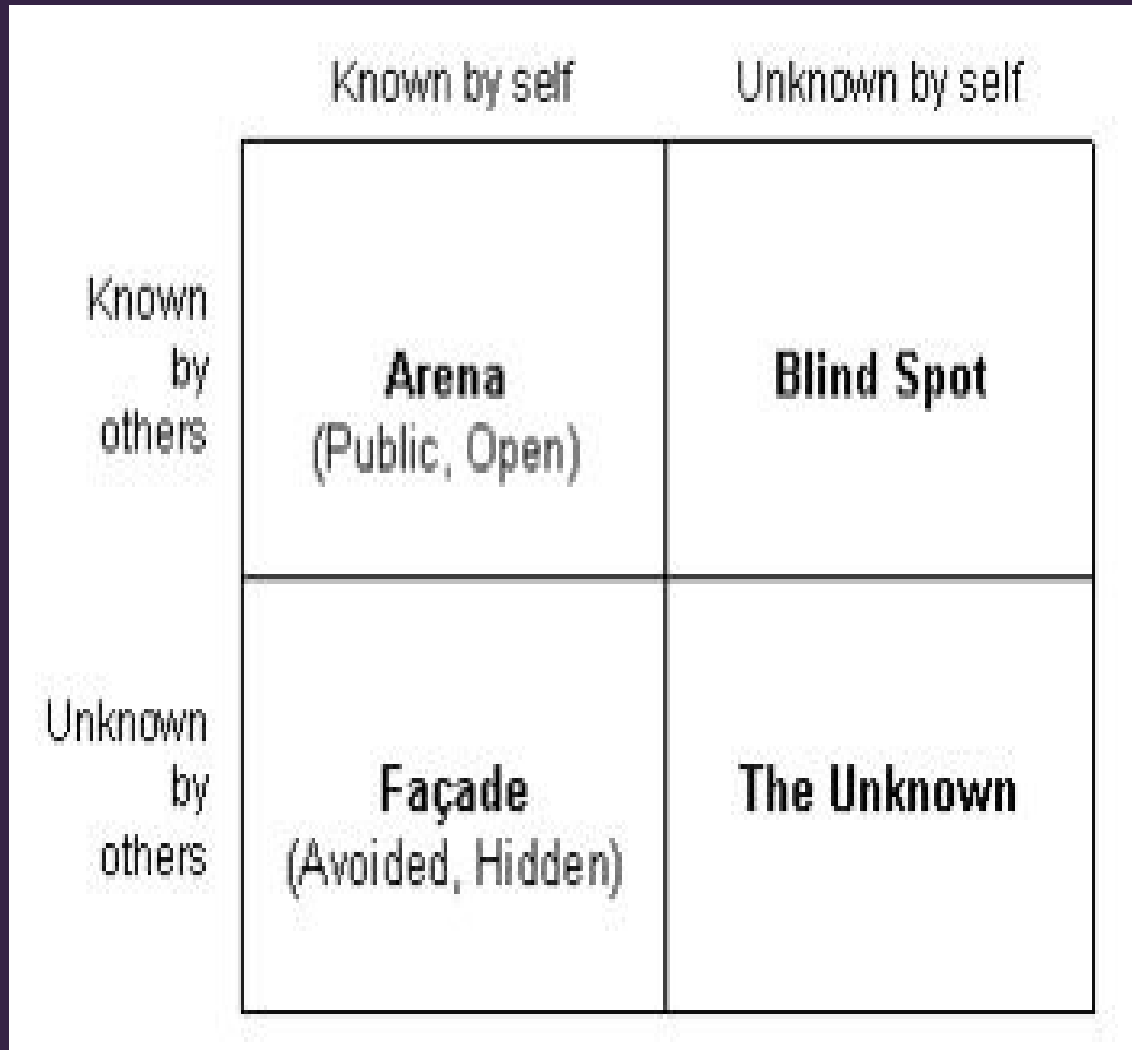


HEALTHY SELF

REQUIRES KNOWLEDGE
OF YOURSELF, IT'S
BEST TO GAIN ACCESS
TO INFORMATION IN
OUR **BLIND & UNKOWN**
AREAS.

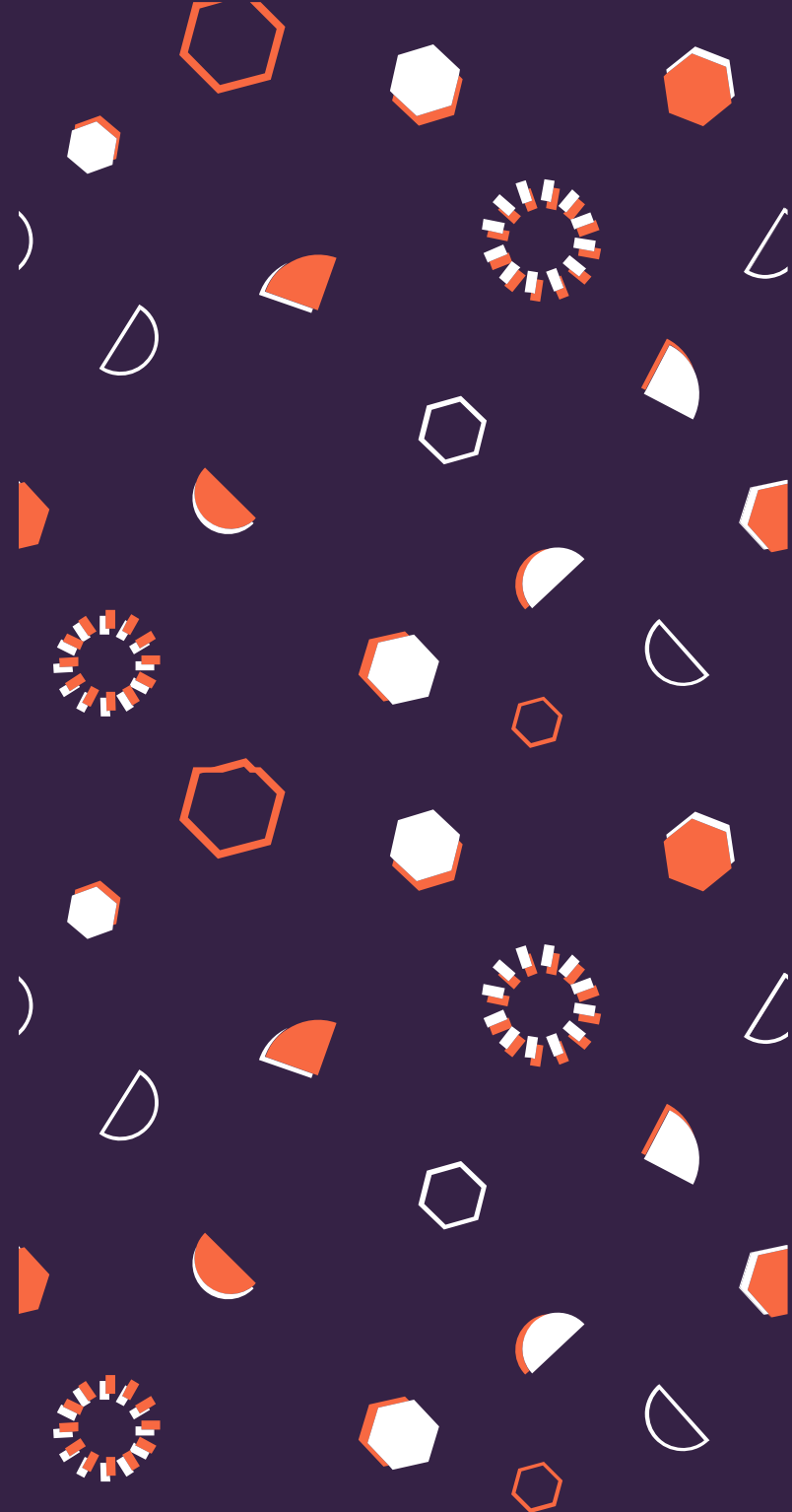


JOHARI'S WINDOW



ME, MYSELF, & MY IPHONE

HOW HAS DIGITAL
MEDIA CHANGED WHO
YOU ARE?



DIGITAL MEDIA & PERSONAL IDENTITY

- DIRECT DEFINITIONS & REFLECTED APPRAISALS
- **FEMALES** MORE LIKELY TO USE AS A PERSONAL DEVELOPMENT PLATFORM
- CYBER-BULLYING



GUIDELINES FOR COMMUNICATING WITH OURSELVES

- INTERNALIZING PERSPECTIVES=
ESSENTIAL FOR COLLECTIVE LIFE
- SOCIAL VIEWS **CHANGE** OVER
TIME
- SOCIETY'S PERSPECTIVES ARE
NOT **FIXED** NOR **ABSOLUTE**
TRUTHS
- ETHICAL RESPONSIBILITY TO USE
COMMUNICATION IN A
CONSTRUCTIVE MANNER



COMMIT TO PERSONAL GROWTH

SET REALISTIC GOALS

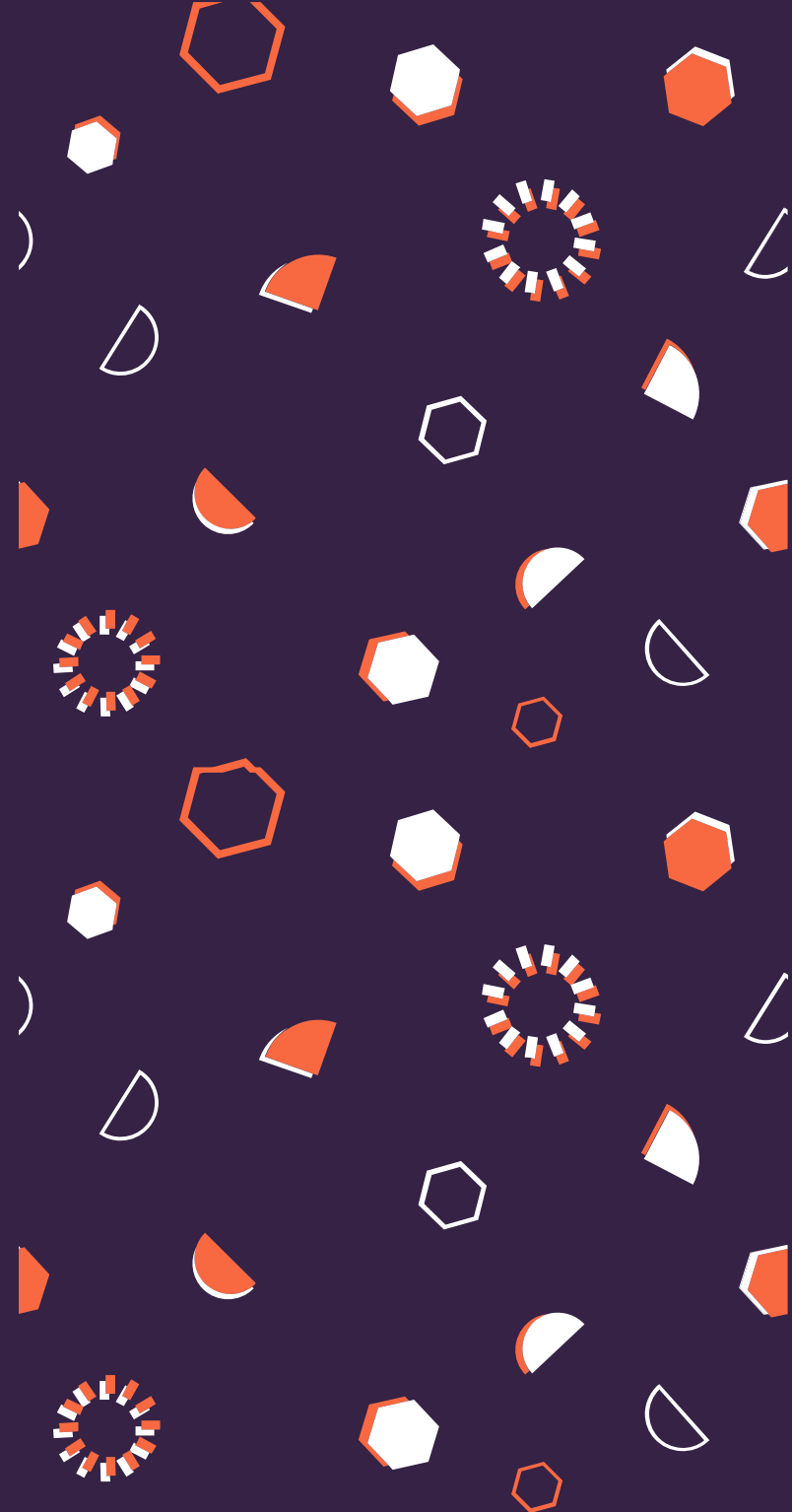
1. REALISTIC STANDARDS ARE REQUIRED
2. WANT CHANGE - SET ATTAINABLE GOALS
3. DO NOT EXPECT DRAMATIC GROWTH IMMEDIATELY



COMMIT TO PERSONAL GROWTH

ASSESS YOURSELF FAIRLY

1. MAKE REASONABLE SOCIAL
COMPARISONS
2. MAKE BETTER JUDGEMENTS
3. ACCEPT THAT WE'RE
ALWAYS IN PROGRESS
4. USE JUDGEMENTS BASED ON
THE PERSPECTIVE OF TIME.



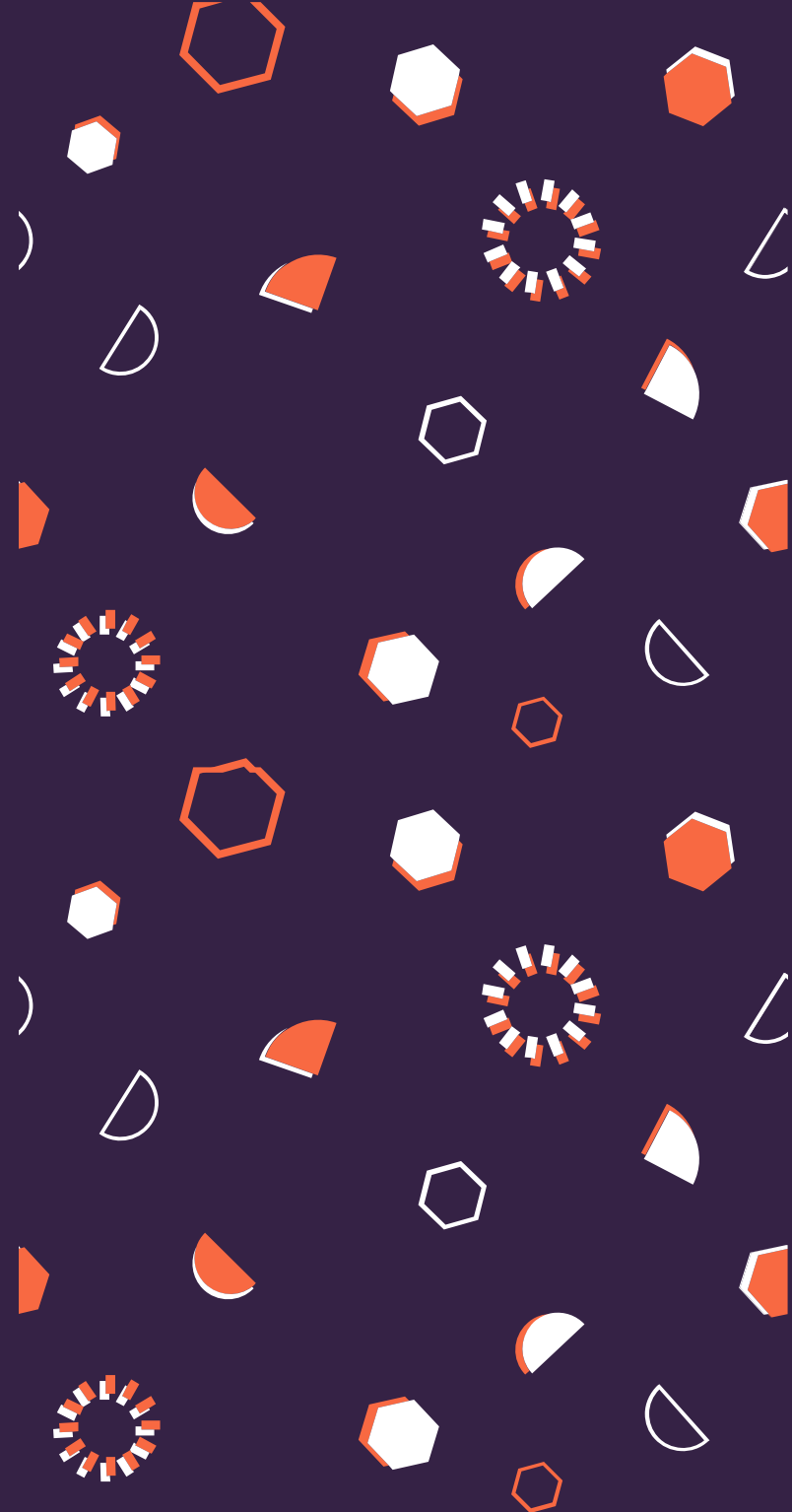
UPPERS & DOWNERS

UPPER: POSITIVE
MESSAGES

DOWNER: NEGATIVE
MESSAGES

VULTURE: ATTACKS SELF-
ESTEEM

SELF SABOTAGE: NEGATIVE
COMMUNICATION WITH
OURSELVES INHIBITING
PERSONAL GROWTH



YOUR VIBE ATTRACTS YOUR TRIBE

1. SETTING

**WHAT IS YOUR GOAL &
WHERE DO YOU NEED TO
BE TO ACHIEVE IT?**

2. TRIBE

CONSCIOUSLY CHOOSE

3. MOOD

**RECOGNIZE UPPERS,
DOWNERS, ETC.**

