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Comms 108

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After reading the second chapter of the textbook "Essential Communication" By Ronald B. Adler will reflect on who I am and the impact that self-concept has on me. In my reflection, I will complete it by answering questions to dive into my own thinking and how I see myself. My take on self-concept is it is my self-image or my ego. What I feel about myself and what I know about myself. My knowledge, positive, surroundings, peers, parents, culture, race, all that together is me and my self-concept.

Who am I? Let me tell you a little about who I am. To start with I am a Latina four eleven foot in height, which is short, but I like my height. I am from born and raised in El Salvador I have a white kind of pale skin, brown hair, my weight is around a hundred and five. I would describe myself as a friendly, lovely, shy, loyal, understanding, kind, hard worker, and positive person. And I am not a perfect person. I have my downside, my flaws which are that I can be lazy sometimes, messy, sensitive and have trust issues.

My current social roles would be being an older sister to a brother and sister, a daughter, and a student. Some of my interests are electric guitars, music, soccer, and books.

One of my talents is playing the electric guitar and I am good at it, I sometimes even go and play with bands, and I get invited to places to play. I have been playing the guitar for 3 years now, And I also play soccer in a club. My belief system is Christianity Church my parents influence that on me since I was little by believing in God and believe in the afterlife and both heaven and hell and have influence me who God is and the goods and bad. My political view often is republican party, but I would say that I am usually moderate when it comes to political issues.

Self-concept is a product of many things it is not simply what a person is. A specific example of an action that affects someone's self-concept would be social comparison. Social comparison is when a person looks at the people around them and decides how they feel about themselves based on the item or

qualities that the others see. A lot of times even people can hurt or damage others' self-esteem and concepts. I have talked with some people that have told me that people have hurt them, and their self-concept has changed and most of the time it is for bad not for a better self-concept.

However, the process to figuring out the impact that self-concept has on me I must define what the definition is first. In the textbook "Essential Communication" it says, "A set of relatively stable perceptions individuals hold about themselves." In other words self-concept is just the way you view yourself as a person, self-esteem can influence your concept. For example, if someone has low self-esteem it will begin to affect the way they view themselves and who they are. For me I try to not allow my self-esteem to influence my self-concept by constantly reminding myself of who I Truly am. The importance of self-concept to personal communication is the observation of yourself as individual. It has also embraced how well you know yourself through the medium of thoughts, feelings, and Emotions Significant others also have a significant impact on someone's self-concept by either acting as positive or negative reinforcement to someone's self-concept. For me I am fortunate enough to say my Friends, parents, and family have a positive influence on my self-concept by reminding me what I am capable of and being positive about everything that I do. My parents always believe that whatever I set my mind to I can do it no matter how hard it can be. My mom and Dad they are both from El Salvador and I was also born there, so I come from a traditional Hispanic culture. My parents have taught me the value of everything in life and how Life was not easy for them and have though me the importance of family. Being Hispanic makes You take advantage of opportunities and do not waste them and to make The best out of it is becoming a better version of yourself.

Self-concept has a lot to do with you in all the ways of your life it influences your communication with others, how you portray yourself and others. A lot of people do not put self-concept on them, and they give negative feedback to others. Self-concept can also influence your future behavior by improving Your communication skills and behavior. For me I always look to become a better person so I can have a better self-concept in the future and improve my behavior skills. My future self-concept also includes being positive to myself and others.

After reading the second chapter from the textbook “Essential Communication” I am available to analyze and reflect on my own self-concept. I used my personal thinking about how factors that can influence in my own Self-concept.

This is one of the sources that I use, and I also used the textbook “Essential Communication” By Ronald B. Adler.

<https://www.borntobeworthless.com/five-things-can-destroy-self-esteem/>