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Interpersonal Communications In Media

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Individual Improvement Project I

What form of pattern are irrational thoughts considered?

Irrational thoughts are considered as the myth patterns. Mason Komay wrote about the qualification of irrational thoughts on the *BetterHelp* website, “irrational thoughts are unrealistic thinking patterns. They can be annoying, disheartening, and in some cases downright dangerous.”

How do irrational thoughts relate to interpersonal communication?

Francis Guenette explained the influence of irrational thoughts in interpersonal communication on the *Saying What Matters* website. “The irrational thought patterns that can mess with our ability to communicate effectively. These patterns of thinking are called irrational fallacies because they are just that – thoughts that don’t make sense because they aren’t true. Every time we fall prey to these types of thoughts, we are not able to stay on track with effective communication.”

Which criteria of irrational thoughts identify you?

I am the fallacy of perfectionism. Francis Guenette describes the information of the fallacy of perfection on the *Saying What Matters* website. “We believe that we should never make a mistake or screw-up. We get the idea that perfection is possible, for ourselves and others. We all make mistakes. Accept it. There is no other choice. End of message.”

How do the criteria of irrational thinking affect your interpersonal communication skills in a negative fashion?

I have an obsession with the fallacy of perfectionism. My behavior has caused me to lose my relationships with peers, professors, and family. I develop bad anxiety if I do not reach my goals. For example, my goal for the Fall Semester is to get an "A", which, unfortunately, seems to be difficult. I started to lose self-confidence which brought me into a deep depression. I began to feel isolated as my world began to collapse. I also started to create health problems that affected my motivation for the things I previously enjoyed doing such as engaging in physical activities that prevented me from keeping myself busy.

According to the Counseling and Psychological Services at the University of Michigan describes the major consequences of perfectionism. "In fact, when performed excessively, perfectionistic behavior can have an effect that is opposite of what the person intended. Perfectionists are more likely to experience decreased productivity, impaired health, troubled interpersonal relationships, and low self-esteem."

How can you improve your interpersonal communication skills?

The technique that I will use to improve my interpersonal communication skills is to create a step plan. I found three sources to write several steps on how to increase my self-confidence. These steps will remind me to work on my weaknesses during this fall semester. It will be a good strategy that will help me to be consistent in a communication component and change my interpersonal communication behavior for good.

Work Cited

Komay, Mason. "Beyond Irrational Thoughts: What Causes Them?" *BetterHelp*, BetterHelp, 2 June 2017,

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