

ACTIVITIES

2.1 WHO DO YOU THINK YOU ARE?

LEARNING OBJECTIVES

- Describe the relationship between self-concept, self-esteem, and communication.
- Explain how self-fulfilling prophecies shape the self-concept and influence communication.
- Demonstrate how the principles in the chapter can be used to change the self-concept, and hence communication.

INSTRUCTIONS

1. First, if possible, take a The Jung Typology Test at <http://www.humanmetrics.com/cgi-win/JTypes2.asp>. This will get you thinking about the way you describe yourself.
2. For each category below, supply the words or phrases that describe you best.
3. After filling in the spaces within each category, organize your responses so that the most fundamental characteristic is listed first, with the rest of the items following in order of descending importance.

PART A: IDENTIFY THE ELEMENTS OF YOUR SELF-CONCEPT

1. How would you describe your social behaviors (friendly, shy, aloof, talkative, etc.)?
a. _____ b. _____ c. _____
2. How would you describe your personality traits (stable, extraverted, introverted, etc.)?
a. _____ b. _____ c. _____
3. What beliefs do you hold strongly (vegetarian, green, Christian, pacifist, etc.)?
a. _____ b. _____ c. _____
4. What social roles are the most important in your life (brother, student, friend, bank teller, club president, etc.)?
a. _____ b. _____ c. _____
5. How would you describe your intellectual capacity (curious, poor reader, good mathematician, etc.)?
a. _____ b. _____ c. _____



6. How would you describe your physical condition and/or your appearance (fit, sedentary, tall, attractive, etc.)?

a. _____ b. _____ c. _____

7. What talents do you possess or lack (good artist, lousy carpenter, competent swimmer, etc.)?

a. _____ b. _____ c. _____

8. What other descriptors are important to describe you (cultural, ethnic, gender, sexual orientation, moods, feelings, others)?

a. _____ b. _____ c. _____

PART B: ARRANGE YOUR SELF-CONCEPT ELEMENTS IN ORDER OF IMPORTANCE

1. _____ 12. _____

2. _____ 13. _____

3. _____ 14. _____

4. _____ 15. _____

5. _____ 16. _____

6. _____ 17. _____

7. _____ 18. _____

8. _____ 19. _____

9. _____ 20. _____

10. _____

11. _____

Describe any factors that have contributed in a positive or negative way to the formation of your perceived self. Explain if some were due to obsolete information, social expectations, distorted feedback, or perfection beliefs. Include any other factors involved in the formation of your perceived self (for example, certain significant others, any strong reference groups).

What significant others or reference groups contributed to your self-concept? How?

NOTE: You will use these descriptors in Activity 2.2.

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