

Hi, everyone. In this week, Week 1, you're asked to address the relationship between communication and psychology. I'm here today to give you some additional information about these themes. The three psychological ideas we addressed in the form are self-concept, self-esteem, and self-image. Self-concept consists of the attributes and labels we use to describe ourselves.

For example, a woman might see herself as a mom, a sister, an accountant, knitter, cyclist, tennis player, or even a *Walking Dead* fan. Self-esteem involves both self-efficacy, what we feel we're capable of, and self-respect, which involves how much we appreciate ourselves. Now when you add self-concept and self-esteem together, you get the big picture, which we call self-image. This is the more general sense of self.

Let's consider the example I mentioned previously. If the woman is confident in those areas, the woman would describe herself as a nurturer, an athlete, intelligent, creative, and a sci-fi fan. See how I move from specific traits or interests to more general perceptions of the self? Those adjectives like intelligent and creative sound like votes of self-confidence, don't they? Yes. That's because this assumes assurance in these areas.

When you see someone who speaks softly, doesn't make eye contact, and doesn't seem to have confidence, what do you think of the person and the message he or she is trying to convey? How might your own lack of confidence or ideas about what you're good at shape how you communicate with others?

Think about how building confidence in yourself can change your entire self-image and potentially change the way you project yourself out into the world. As you approach the discussion this week, think about all of these themes, and really think through the relationship between these psychological concepts and how we communicate. Then reverse in your thinking. Consider how communication itself is central to your psychology. What mantras do you tell yourself about who you are and what you can do?

How are these thoughts linked to what others have said to you? How can you be more aware of what you say to others and how it might influence how they see themselves? Would you rather build people up than tear them down? These questions are at the heart of our discussion this week. Consider all that you've learned here when writing your responses this week. OK. That's all we have for today. See you in the forums.