

## Sample Discussion Post

A fully developed paragraph has been written as a response to each of the bulleted points from the prompt.

### The “Self” and Communication

All information from sources has been [correctly cited in APA format](#).

In terms of interpersonal communication, what you think of yourself can affect all aspects of your daily life. Three ideas of the self that describe how an individual visualizes oneself are self-concept, self-image, and self-esteem. According to our text, “Self-concept can be defined as an appraisal of your own attributes and competencies” (Sole, 2011, Section 3.1, para. 1). For example, self-concept is our own personal assessment of our personality traits and our abilities. Sole goes on to share that “The term self-image is a broader term that psychologist Dennis Coon (1994) defines as ‘the total subjective perception of oneself, including an image of one’s body and impressions of one’s personality, capabilities, and so on’” (Sole, 2011, Section 3.1, para. 2). That is, self-image would be both the negative and positive feelings that we carry about our skills, our character, and the way that we look and these feelings may or may not align with the way that others view us. Lastly, “Self-esteem consists of your sense of self-worth and the level of satisfaction you have with yourself; it is how you feel about yourself” (Sole, 2011, Section 3.1, para. 2). How good or how poor you generally feel about who you are as a person and how you compare yourself to others is an example of self-esteem. All of these can affect our personal communications.

Here, the student is integrating concepts, ideas, or information from the reading into their post.

Each paragraph contains a topic sentence, supporting details such as personal examples or information from the readings, and a conclusion sentence.

One way that my self-esteem has affected my interpersonal communication is that when growing up, my negative thoughts of myself caused me to be frustrated or aggressive, or often reserved in my communications with family. I was told by my family that it was necessary to be the best, and if you weren't, it was doted on and made known. Even when I did well at something, it was rarely praised. Although I was in great shape, active in sports and weight lifting classes, my weight and looks were always commented on as were my grades and how much I should be accomplishing any given day. Because of this, I began to see myself in an extremely negative light and burdened myself with negative comments if I was anything less than perfect. As a result of this, my communications with my family were often in a frustrated tone because I didn't feel good enough about what I was contributing, or sometimes I was very reserved because I didn't believe that the things I were good at were worthwhile. I didn't feel as accomplished as others in my family and so I would often simply not communicate my thoughts and ideas or my interests. Sole (2011) mentions that self-esteem is based on how you generally feel about your worth, and mine was low at that time, which caused negative self-talk. How you internally speak to yourself directly affects how you feel and can cause an individual to be shy, boisterous, happy, or aggressive, which comes out when we speak to others.

Here, the student is integrating concepts, ideas, or information from the reading into their post.

Requirements of word count, integration of sources, and use of APA citations have all been met in this post.

#### Reference

Sole, K. (2011). *Making connections: Understanding interpersonal communication*. Bridgepoint Education, Inc.

The student has proofread the post to check for correct grammar, punctuation, and spelling.