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Int. personal communications

Personal Change Report

Overview

This report discusses the need and importance of prioritization, as well as, the unwanted communication pattern of procrastination, with a few strategies stated to lead toward success in this unwanted pattern. The strategies that were developed, implemented and supported from the course textbook are uncertainty, communication, motivation, creative flexibility. I will discuss each one of the strategies along with the constraints, positives, negatives, consequences, results and recommendations of each skill, including examples, experiences, and plans for the future

Unwanted Communication Pattern

Prioritization has been very difficult for me, which is why I wanted to change my unwanted habit of procrastination. Procrastination is a barrier for my success in prioritizing, and fulfilling each area of my life. It is a bad communication pattern to have for myself, others views upon my qualities, my potential, and me. In high school, I met with a therapist every week because it was required for anyone in the foster care system. I had a terrible problem with facing issues head on, and instead, I would avoid them until they were at their worst and I had no other choice but to deal with things. This process would have me in deeper depression than I already was, but I didn't know any better because I didn't have a strong mindset until I decided to change it after

everyone who was close to me expressed their views and concerns. After all of the help and suggestions, I realized that if I do not do things for myself, they will never get done or go away, so I changed and evolved. I knew that I still struggled with procrastination, and it was still affecting others views on me, when I recently met with my mentor for my scholarship. When we spoke was during time that I was getting behind in many areas of my life, and he voiced to me that he sees I am not living up to my potential and it is showing by my actions. This pattern of procrastination and no prioritization in my life is a consequence only for myself. Suffering from this at times causes me to deal with more issues that could have been avoided. It affects my relationships by causing my peers to think less of me, my abilities, and causes them not to take any of my needs or wants seriously. Procrastination is ones lack of immediacy, it is when communication is avoided because the conversations may be difficult, they worry about the outcome of the possible conversations, and leaders do not know how to approach the offending party, so they choose not to (*evancarmichael.com*).

Strategies

My first strategy was to figure out whether or not I am certain that prioritization and procrastination are the areas I feel need the most attention. I knew that in order to be successful, I would need to figure out exactly what is going to work for me and flow with my strengths and weakness'. Primarily, I wrote down the most important areas of my life from top to bottom, then I wrote down the things I must be successful in, in order to fulfill these important areas. I knew that having a to-do list has always motivated, reminded, forced me to do things, because if I don't do the things I need to, they won't go away and I can't cross them off of the list. Crossing tasks off my list is important to me because it gives me a great feeling as if a weight is lifted off my shoulders and I can relax, or go out to do something I enjoy because I earned it.

A reward system was also very successful for me, I would make a to-do list, and called up my best friends and told her that if I completed it all within two weeks, we should go shopping or to a movie for my motivation. Developing motivation was a great strategy because if I am not motivated to follow through with plans, I know, I will not be successful. Setting up a reward system occasionally throughout your journey toward accomplishing your goal will help keep you motivated (*Beebe, Beebe, Redmond pg. 104*).

Another strategy was informing my close friends about what I was doing, because I knew I had a problem saying no to them, and if they were aware of what my goal is, they can be more of a support system. Working on communication and clarity, others-oriented, ethnocentrism, and developing creative flexibility skills are a good idea (*Beebe, Beebe, Redmond pg. 169*).

Constraints

A specific example, and or scenario, was when a friend of mine came into town, which whom I have not seen in seven years and she was only here in Salt Lake for two days. I saw her on Thursday and we caught up for a while, but that next Friday she called me and wanted to go to Fright mares at Lagoon before she left town, but I already had an important task planned. I had to take a math test that my grade depended on in class that Friday night, and I had been studying for it 24/7 the last three days. I had a choice of missing it, and failing the class, or spending time with an old friend whom I have not seen in years. This was a hard choice, but school was more important, and it was even more difficult to explain the situation to her.

Although I feel as if I have been quite successful in the areas and challenges discussed, I also wanted to achieve the poor quality of procrastination. It has been a challenge for years, but I still struggle with it at times, but I have definitely come a long way and progressed tremendously

in this area. I chose to implement priority into my everyday life, because I have a demanding schedule but I was lacking the ability to choose what was most important. In order to implement the new, wanted behavior, I figured out a few important things that I must follow in order to be successful. Uncertainty is a struggle when I am facing a new challenge because I need to figure out exactly why it will be beneficial to me and how I am going to take small steps in the correct direction. A challenge is hard to accomplish if I am not certain why I want it. Communication and clarity with my friends was also important because I know I struggle saying no when they invite me places or want to spend time together and I have something else to do. I knew if I told them right from the start what my plans are, they would not put me in the position to say yes or no to them. When people invite you places, and you know that you have something that is important to take care of, it is okay to say no, and thank them for their kindness. This was hard for me at first because I did not want to come off rude, and then make others feel like I never want to do anything with them.

Results

Overall, throughout the course of this change proposal, I learned many new things about myself, and my friends, as well as what kind of friendship we really had. A positive consequence was informing them about my challenge and losing a few friends because of the new challenge. To see which ones actually stuck around and cared to see if I was being successful, supporting me by not being a distraction and presenting me with things that may tempt me to get off track with my proposal, and realizing what the relationships actually offer me. A negative consequence that I experienced was many people and friends were mad at me because when they needed me as someone to talk to or for a ride, etc. I was unavailable due to

everything I had going on; I unintentionally made people feel neglected, as if I could care less about them.

Recommendations

My plans are to continue using this proposal in the future for school, work, and other areas of my life. It has turned out for me, regardless of any other issues I may be dealing with health wise, etc. I believe this has turned out for me because it can apply to almost anything I encounter, and because of all the new ideas and strategies, I was able to learn in class, and throughout the book. Many areas of this proposal can be useful for succeeding in other unwanted patterns such as outward communication.

Works Cited

Beebe, Steven A., Susan J. Beebe, and Mark V. Redmond. *Interpersonal Communication: Relating to Others*. Boston: Allyn & Bacon, 1996. Print.

"The 7 Deadly Sins of Organizational Leadership Communication." *EvanCarmichael.com*. N.p., n.d. Web. 24 Nov. 2012. <<http://www.evancarmichael.com/Business-Coach/2572/The-7-Deadly-Sins-of-Organizational-Leadership-Communication.html>>.