Some thoughts about interpersonal communication

- Most people spend between 80-90% of their waking hours engaging in some form of interpersonal communication.
- Interpersonal communication differs from impersonal communication in terms of its quality, not the number of people involved or the setting in which they interact.

Interpersonal Communication (defined)

- Communication that occurs between two people who simultaneously attempt to mutually influence each other, usually for the purpose of managing relationships.
- Questions:
  - Setting/channel?
  - Have to be 2 people?

Other thoughts about interpersonal communication

- Most often occurs in:
  - Dyads
  - Interactions face-to-face
- Occurs when people regard each other as unique persons ("I-Thou")
  - In impersonal communication, people treat each other more like objects ("I-It").
Based upon transactional model

- We interact simultaneously with another person
- Our interactions mutually influence each other

Why should we study interpersonal communication?

- Can improve our relationships with:
  - Family
  - Friends
  - Colleagues
- Can improve our physical and emotional health

Characteristics of interpersonal communication

- Uniqueness
- Irreplaceability
- Interdependence
- Disclosure
- Intrinsic rewards
- Scarcity
How can *you* improve your own interpersonal communication?

- Be knowledgeable about the subject
- Be knowledgeable about yourself
- Be skilled
- Be motivated
- Be flexible
- Be “other-oriented”
  - decentering and empathizing