IPC—CHP 2: DAY 1
        IDENTITY FORMATION

I.   **Review**→   Last meeting
                        ·   We looked at different models of communication—the linear and
                                transactional models—and we discussed the theoretical and ethical
                                importance of having dual perspective.
                                ●   Not just, "I'm the sender here's my message so I better say it loud
                                        enough and forceful enough so that you all understand it"
                                        o   We linked this approach to the I-It communication in Buber's
                                            continuum.
                                ●   A dual perspective is much more complicated than that. It takes
                                        into consideration the humanity of our audience, but also, really
                                        how their experiences and values are going to perceives our
                                        message.
                                        o   We linked this approach to the I-You and I-Thou
                                            communication in Buber's continuum.

II.   **Preview**→   So, if a dual perspective takes into consideration the self and the other in our
                        communication.
We will spend a lot more time in this semester thinking about "the other" about our audience.
But Chp 2, is going to delve into The Self; going to see how the Self is created; IDENTITY FORMATION.
:: Reflecting on the self—reflecting on how and why you   are the way that you are—is something
                                        that saavy communicators spend time doing.
**Because the more respect that you have for the complicated processes and experiences go
                                into shaping you as a unique person, the more
                                immediate respect and understanding you're
                                going to have for your audience members, your
                                communication partners and the experiences
                                that they've had**.

I.   Interpersonal Definition of **the Self**→   The self arises in communication, through a
multi-dimensional process of internalizing social perspectives and reacting to social perspectives

Absorbing or Rejecting

ON BOARD: Concentric/Nesting Circles as Representation of "The Self"
Individual Others (inside circle); <u>General Others</u> (Outside circle)
Dominant culture

A) Begin Prezi:
   a. Slide 1 on Old School (inborn) vs. New School approach (socialized) to identity
      i. Could make disclaimer that this is an academic perspective on the self, and whatever spiritual ideation you have is your own
   b. This chapter is about processes and models for understanding the self
      i. Indivual Others→ Parents, siblings, teachers, family members, co-workers (←not as much because people have less of an effect on us when we are older than younger. Parents/Primary cargivers are most importand

         1. DIRECT DEFINITION ("You are X; Me: "You are smart! Eventhough objectively speaking, there's nothing particularly smart about me, at least not compared to my sister)
            a. Gender Stuff (could use as a preview to next few chapters focus on gender)
            b. **TO DO: FIND EXAMPLES/STUDIES/ STATS ON DIRECT DEFINITION as it relates to Gender**
         2. REFLECTED APPRAISS→ (positive or negative reactions to us, our behaviors, our decisions)
            TO DO: THINK OF BETTER EXAMPLES.
         3. IDENTITY SCRIPTS→ (familial values: "We are respectful—yes ma'am, no sir;" We are hardworkers; we are winners—Someone's got to be the best, it might as well be me"; we are "happy"—Joe's family).

PUT INTO PRACTICE WITH NATALIE EXAMPLE:

Natalie:
Disclaimer: Long/Sappy

7 Years ago I started the process of becoming a Personal Trainer and group exercise instructor. 3 days after I passed my exam I got my first job at a local gym shadowing other trainers! I was so excited and couldnt wait to get started!

I was working for a company at the time (not fitness related). I planned to train clients in the evenings and weekends. On the day I was about to start my first day of work I was walking around the corner at my office and overheard the following: [REFLECTED APPRAISALS→ "I cant believe she thinks she is in good enough shape to be a personal trainer! Her legs are huge! Like u cant be a trainer and be fat. If I walked into a gym and they said she was my trainer I would walk out laughing. Its laughable! **She's huge**."[←DIRECT DEFINITION]

(I was t huge..I've never been huge lol I was actually really strong and my thick strong legs are cool.) I froze, Tears swelling up in my eyes. Lump in my throat. I turned around and walked back to my desk sobbing into my hands [←ABOSRB **NEGATIVE APPRAISAL** AND **DIRECT DEFINITION**].. I went outside to call the gym and tell them never mind, I was so embarrassed and hurt and the worst part is that I believed her.

My sister Meena came over to me to see what was wrong and I told her what I heard the girl say, told her I was destroyed and I wasn't going to pursue fitness. That everyone else probably thought what she thought and Id never get any clients anyways.

If you know my sister u know what she said to me haha She pursed her lips and got eye level with me and told me our parents and grandparents didn't raise quitters or women who were easily intimidated. That I was going to lace up my damn sneakers and tighten my pony tail and pull it together. So I did. She said I wasnt letting a mean girl ruin my passion and dictate my future. So I didnt. [←NEGATIVE REFLECTED APPRAISAL]

6 Years later, tonight I was presented an Excellence award from the fitness department at my gym I currently work for. I have trained hundreds of people and hundreds of classes over the last 6 years. I have helped and loved on people through their weightloss/gain/muscle journey. I have made life long friends and have become the women I know my grandma would be proud of.

Louise Hay example:

Q: When/Why Will We **ABSORB** or **REJECT**?
A: **ABSORB**
Greater impact on the development of a person's self-concept is said to occur when:

1   **CREDIBILITY**—The appraiser is *perceived* as a highly credible source
    A.   Some one who's opinion you value or really rely on
1.   Think of a parent, a close friends a boss, maybe a teacher;
        2..   As a child, your survival relies on your parents, so their opinion matters a lot to you
        Vs.
    B.   Someone who's opinion you don't value, respect, or rely on.
        1.   "That person is an idiot. What do they know?!"
        2.   Maybe just some random bully

2.   **FREQUENCY**→ the number of times a specific appraisal is given
    A.   It's being said more than once;
    the more the appraisal is said, then the more it is believed
    B.   **EX**   Confirmation via social comparison:
        1.   -   **Body image and the media**
            -      images of "how we're supposed to look" are everywhere

3. **DIVERSITY**→ the appraisals coming from a variety of sources are consistent
   - More than one person is giving that same appraisal

4. **SUBJECTS' OWN VIEW OF SELF**:
   appraisals are supportive of the person's own beliefs about himself or herself

ATTACHMENT STYLES (play video):

Anxious attachment should not date avoidant attatchment
Secure attachment can date either avoidant or dependent
Anxious attachment may display jealous or insecure behavior—frequent texting, needing to be near
   their partner all them time.

   Avoidant peope may display 'avoidant" behavior. Not respond to texts, be evasive about
whearabouts
   What percent of

70% of people have a secure attachment
20% have an avoidant/dismissive attachment (emotionally unavailable)
10% have an anxious/preoccupied attachement (needy)

Causes of disorganized attachment: caregivers' poverty, drug/alcohol abuse, mental health
problems, adolescent
                                   parents

II. Generalized Others
   a. Relate to culture, dominant culture
      i. Dominant Culture Definition
         a. The dominant culture is a culture that is the most powerful, widespread, or
            influential within a social or political entity in which multiple cultures are
            present. In a society refers to the established language, religion, values, rituals,
            and social customs. These traits are often the norm for the society as a
            whole.
         b. The dominant culture in a society is the group whose members are in the
            majority or who wield more power than other groups. In the United States,
            the dominant culture is that of white, middle-class, Protestant people of
            northern European descent
      TO DO: FIND STATISTIC CORROBORATING THE DOMINANT CULTURE

                  FIND A WAY TO LINK UP THIS CONCEPT WITH EXAMPLES AND
                  MAYBE WITH PREZI VIDEO